

#BalanceMatters



Come learn about:

Mindfulness | Suicide prevention | Depressive illness

Stress reduction | Adult coloring & Legos

Yoga | Local resources | Brain-healthy snacks

Plus - Free ear buds to the first 100 participants!

Tuesday, Oct. 16 and Wednesday, Oct. 17

10 a.m. - 1 p.m. | Student Center Atrium