

## Interested in some Stress Management Options...



*...They are coming right to your door step!*

**What:** Students in the Guelph-Humber Kinesiology Program will be offering several workshops on various stress management techniques

**When:** See Schedule Below

<b>Thursdays 10:00-11:00</b>	<b>Thursdays 12:00-1:00</b>
<b>March 1: Nature and Stress Relief Room: T131 (Residence)</b>	<b>March 1: Nature and Stress Relief Room: T131 (Residence)</b>
<b>March 8: Deep Diaphragmatic Breathing/Foam Rolling/Passive Stretching  Yoga Room: A100</b>	<b>March 8: Music Therapy  Gaming  Room: A100</b>
<b>March 15: Arts and Crafts  Room: T132 (Residence)</b>	<b>March 15: Yoga  Mindful Breathing/Meditation Room: T132 (Residence)</b>
<b>March 22: Finger Painting Room: T132 (Residence)</b>	<b>March 22: Aroma Therapy Room: T132 (Residence)</b>
<b>March 29: Colouring Room: T131 (Residence)</b>	<b>March 29: Tai Chi Room: T131 (Residence)</b>
<b>April 5: Pet Therapy Room: T132 (Residence)</b>	