

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

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