Stress Buster

December 2nd, Commons Area

Acupuncture & Massage 9:00 a.m. - 12:00 p.m.

Commons Area

Main Event: 11:00 a.m. - 1:00 p.m.

Common Area

in case of rain: G106 B

- Resource Table
- Essential Oils
- Mindful Coloring
- Miniature Therapy Horses
- Guided Relaxation Movement

  12:00 p.m. -12:30 p.m.
- Sound Bath Meditation

  12:30 p.m. - 1:00 p.m.



Penelope



Belle

active minds
Allan Hancock College

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STUDENT HEALTH SERVICES