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**

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| **Mondays 11:45-1:30** | **Thursdays 11:45-1:30** |
| **Feb 25:  Art Therapy and Stress Balls****Room: T131 (Residence)** | **Feb 28:  Fitness** **Room: T132 (Residence)** |
| **March 4:  Dance and Music****Room: T132 (Residence)** | **March 7: Coloring****Room: T131 (Residence)** |
| **March 11:  Healthy Snacks and Slime****Room: T132 (Residence)** | **March 14: Painting****Room: T132 (Residence)** |
| **March 25:  Music****Room: T132 (Residence)** | **March 21:  Sculpting****Room: T132 (Residence)** |
| **April 1: Aroma Therapy and Therapy Pets****Room: T132 (Residence)** | **March 28: Essential Oils and Yoga****Room: T131 (Residence)** |
|  | **April 4: ASMR****Room: T132 (Residence)** |