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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| **Fridays 10:45-12:30** | **Fridays 12:35-2:20** |
| **November 1:  Meditation**  **Tapping Therapy**  **Room: T131 (Residence)** | **November 1:  Yoga**  **Room: Studio A in the Gym** |
| **November 8:  Journaling**  **Stress Balls**  **Room: T131 (Residence)** | **November 8:  Physical Activity**  **Room: T131 (Residence)** |
| **November 15:  TBD**  **Room: T132 (Residence)** | **November 15:  Meditation**  **Pet Therapy**  **Room: T132 (Residence)** |
| **November 22:  Exercise**  **Room: T131 (Residence)** | **November 22:  Painting**  **Nature Walk**  **Room: T131 (Residence)** |
|  | **November 29: TBD**  **Room: T131 (Residence)** |