NEED A MOMENT TO WIND DOWN?

Join the Mindful Ambassadors for an hour of relaxation and awareness

March 20th & April 17th
6 – 7 PM
Main Library, Room A214

Learn simple stress-reduction techniques in four mini-workshops, each 15 minutes long. Stay for one or stay for more!

Visit our website to learn more:
www.health.arizona.edu/mindful-ambassadors