

Stress Less for Success: Rejuvenating Before Finals



*April 18 @ 10:30-11:30 AM
On the lawn next to building 9
(Near bldg. 10)*

PRESENTER: LISA ELSINGER



**Feeling overwhelmed with finals
approaching?**

Take a break and join our EAP program for rejuvenating exercises. Prepare for success by de-stressing with us!

PLEASE BRING YOUR EXERCISE GEAR FOR MAXIMUM COMFORT.

REFRESHMENTS WILL BE PROVIDED.

OPEN TO ALL STUDENTS AND FACULTY.



CONTACT RPAVANEL@BROWARD.EDU FOR MORE INFORMATION