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

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