

Join us!



WELLNESS DAY

IN COLLABORATION WITH STUDENT LIFE AND STUDENT
GOVERNMENT ASSOCIATION

**MINDFUL
BREATHING**

**HOPE/POSITIVITY
VISION BOARDS**

ART THERAPY

Participate in our wellness activities and enter for a chance to win a raffle basket with an aroma diffuser, a coloring book with gel pens, and YSU gear!

WEDNESDAY, MARCH 30TH

11 AM-1 PM

KILCAWLEY CENTER, PRESIDENT'S SUITE