



Join us for
**STRESS RELIEF WITH
BASIC YOGA POSES**

Tuesday, February 7th

AMU Henke Lounge

12pm - 1pm

***Drop in at your leisure to learn
and try some basic yoga poses that help
to relieve stress.***

...The Tuesday Timeout Series is a hands-on educational program that helps reduce stress and provides opportunities to learn new or alternative stress management and relaxation techniques....



Center for Health Education and Promotion
Student Health Service