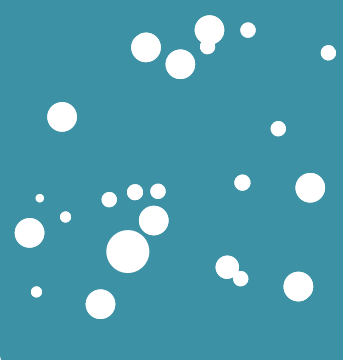
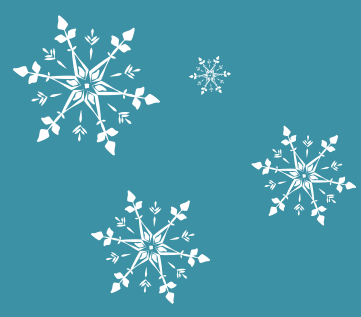




De-Stress for the Holidays!



HOLIDAY RESET WORKSHOP WITH TRACEY



THE HOLIDAYS BRING JOY, CONNECTION... AND PLENTY OF STRESS. THIS FUN, CHILL WORKSHOP IS YOUR SECRET WEAPON TO STAY GROUNDED WHILE WRAPPING UP FINALS AND HEADING INTO FAMILY GATHERINGS

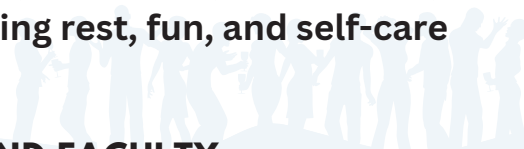
DECEMBER 2ND AT 12NOON IN SC104

NO LECTURES - JUST INTERACTIVE, FEEL-GOOD PRACTICES YOU CAN ACTUALLY USE AT HOME (OR WHILE HIDING IN THE BATHROOM FOR 5 MINUTES!) LEAVE FEELING REFRESHED, EQUIPPED, AND READY TO ENJOY THE HOLIDAYS!



Come ready to learn and practice simple, effective techniques to manage holiday stress:

- Quick mindset shifts and breathing techniques
- Fun, light-hearted strategies to navigate family dynamics
- Practical tips for balancing rest, fun, and self-care



OPEN TO STUDENTS, STAFF AND FACULTY

LUNCH IS PROVIDED