The Art of Mindfulness Meditation with Adreyanna- Monday
Instagram LIVE
9/14 - 11/16 at 5:00pm
Special Class on 11/30 for Chill with SL&L Week

Yoga with Tracey - Wednesday
Instagram LIVE
9/16 - 11/18 at 5:30pm

De-Stress for the Holidays
"Holiday Reset" Workshop with Tracey
Let's Gear-Up for the Holidays without the Meltdown"
12/2 at 12noon in SC104, Lunch Provided
Quick Mindset Shifts, Light-Hearted Strategies and More!

Wellness Wednesday
Check out our social media every Wednesday throughout the semester for information focused on habits and practices that contribute to your overall health and wellbeing.

The Zen Zone
STUDENT LIFE & LEADERSHIP

Open to: Students, Staff, Faculty