

BREATHE OUT STRESS

12:30 TO 1 P.M.

September 15 and 29

October 13 and 27

November 10

December 8

Did you know that altering the pattern of your breath can improve your state of mind?

Join Ting-fen Lin, Ph.D., CCC-SLP for some gentle stretching and guided meditation at the Student Health and Counseling Center Large Conference Room. No appointment necessary; just drop in at the start time.

FRESNO STATE

Student Health and Counseling Center