

BREATHE OUT STRESS

3:30 TO 4 P.M.

January 31

February 14 and 28

March 28

April 18

May 2

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.

No appointment necessary; join at the start time using this link bit.ly/breatheoutstressfs

FRESNO STATE

Student Health and Counseling Center