

Mental Health Awareness Week

Yoga Class

For Stress Relief



Join us for a gentle yoga class with a professional instructor to help you unwind, recharge, and relieve stress.

All experience levels welcome! Come as you are.

Mats are provided!

THURSDAY, OCTOBER 8



1:00–1:45 PM

USG Student Lounge - BLDG III, Room 2241 (Next to the gym)



The Universities
AT SHADY GROVE

Center for Counseling
& Well-being

Hire U

