WAYS TO BE WELL
VIRTUAL WELLNESS TALK

THURSDAY, FEBRUARY 3RD
6:00 PM - 7:00 PM | Virtual - Zoom
Zoom Link: [https://csub.zoom.us/s/88019128067](https://csub.zoom.us/s/88019128067)

Welcome to Wellness! Learn useful tips and tricks on how to manage stress, increase your energy, and become a more "well" student. Enjoy a short and simple Chair Yoga demonstration that you can do anytime, anywhere!

Raffle Prizes

- Chair Yoga
- Wellness Q&A
- Healthy Eating Habits
- Stress Management Techniques