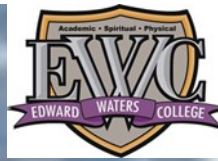


TRAPPED IN A BOX?



Thursday, December 8, 2016

11:00 a.m. until 1:30 p.m.

George N. Collins

Student Union Building

***Stress Management Workshop
with***

Andrieah Johnson, LMHC

Connected Conversations Counseling, L.L.C.

11:00 a.m.-12:00 noon

Lecture Room

STRESS FREE ZONE

**Step into the ZONE to relax and
unwind before final exams!!**

Hosted by: The Counseling Center

For more information, call 904.470.8231 or 8990.

Chair Massage

Therapy

with

BodyTech2U

11:30 a.m.-1:30 p.m.

**Stress Free
Stations**

Free Samples of Smoothies

Compliments of

The EWC Smoothie Station

(While Supplies Last)

Relaxation Music

Healthy Eating

With

SUBWAY

(While Supplies Last)

AND, other fun stuff!!