Overwhelmed? Feeling Stressed Out?
Come work out your body and care for your mind at the same time! Participate in relaxing activities designed to help you cope with stress and ease your worries. Make a stress ball, color a mandala, and more!

Relaxation Station @ Student Life Center
Wednesday, March 8th 11am to 3pm

Special – Mindfulness Classes offered during Relaxation Station!
Please join us! Learn and practice basic mindfulness skills. All students are welcome. No experience necessary.
12:30-1 pm & 1-1:30 pm Aerobics Rm 1

To learn more or for questions about disability access, please call UH Hilo Counseling Services, (808) 932-7465 (V), or (808) 932-7002 (TTY) or email: glow@hawaii.edu