



RELAXATION RESET

for Health Science Students

**FEELING STRESSED WITH SCHOOL, WORK OR CLINICALS?
IT'S TIME TO HIT THE RESET BUTTON!**

Recharge, relax and learn practical tools and exercises to manage stress and stay centered amidst your busy schedules. ***Plus, enjoy free lunch, provided by Student Life!***

Monday
September 16

Noon - 12:45 p.m. | S-105

Tuesday
October 29

Noon - 12:45 p.m. | S-105

Wednesday
November 20

Noon - 12:45 p.m. | S-105

Attend one session or all three! Build your personal toolkit for managing stress and reclaim your calm. ***All students are welcome!***



ALVIN COMMUNITY COLLEGE

Questions? Reach out to counseling@alvincollege.edu
Give yourself the care you deserve. We look forward to seeing you there!

Alvin Community College is an Equal Opportunity Institution.