

WELLNESS WEDNESDAYS

relax and restore

NEED A BREAK?

Take a breather with us at Wellness Wednesdays! Our pop-up event is here to help you unwind and recharge during your busy fall semester.

Wednesdays

**SEPTEMBER 11, OCTOBER 9 & NOVEMBER 13
11 A.M. - 1 P.M. | STUDENT CENTER**

WHAT'S IN STORE?

Drop in to enjoy a snack, relax, and try out different wellness activities. Whether you need a quick break or want to dive into new relaxation techniques, we've got you covered!

EXPLORE OUR WELLNESS STATIONS:

- Breathwork/Deep Breathing
- Grounding Exercises
- Progressive Muscle Relaxation
- Sand Tray Therapy
- Coloring Therapy

HOW DO I JOIN?

Just pop in anytime during the event—stay for 5 minutes or the full 2 hours. It's all about taking time for you!

Scan below to learn about our free counseling services!



Hosted by Counseling Services

Alvin Community College is an Equal Opportunity Institution.

