

# Spring '17 Drop-in Groups

## Stress Management

Feeling overwhelmed? Learn how to cultivate a relationship with stress that allows you to accomplish your goals without leaving you tangled.

### Main Campus

Wednesdays  
4:45PM—5:30PM  
Room 1301

## Meditation

Learn to meditate! Join our experienced meditation instructors and learn about this useful practice, offering a calmer perspective and clearer vision.

### Main Campus / Centennial Campus

Thursdays / Wednesdays  
4:45-5:30PM / 4:15-5:00PM  
Room 2438 / Research II-Suite 100

**No need to sign up! Just show up!**



**\*Color Me!\***