

Join Us to De-Stress!



Finals-Week Anxiety?

Join us for a short, 30-minute, guided, meditation session to reduce stress and anxiety.

Open to Students, Faculty and Staff.

Bring a mat or pillow or just come as you are.
No prior experience needed to participate.

15-person limit per session. Please wear a mask.
RSVP now with preferred session time and date to: Keith.Boswell@DaytonaState.edu

De-stress before mid-terms:
Monday, October 11
Noon and 1 p.m.

De-stress before finals:
Monday, December 6
Noon and 1 p.m.

The Center for Women and Men
Forough Hosseini Hall, FFH-130
Daytona Beach Campus



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