Mondays, Sept. 11 - Dec. 4*
12:30-1:30pm
Science Learning Center 145
Drop-in class, hosted by CAPS
*No session Nov. 20

For more information:
706.542.2273
www.uhs.uga.edu

Each week we cover one of these topics:
- Understanding anxiety
- Calming your body
- Calming your mind
- Creating a lifestyle for managing stress

FREE and open to all UGA students.
#BeWellUGA