



WCU PHILLY
WINTER BALANCE DAY
REALIGN AND DE-STRESS

THURSDAY, DECEMBER 7TH, 2017
BEGINNING AT 4PM

- INFORMATION
 - RESOURCES
 - CHAIR MASSAGES
 - STRESS RAMS
 - THERAPY DOGS
 - FRUIT AND VEGGIES
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During this busy time of year, take a moment to assess the balance in your life. Consider the ways that you might be able to increase your self-care, particularly as we near the end of the semester. Kick start your winter self-care on December 7th.

FOR MORE INFORMATION CONTACT: KRISTIN SHELESKY AT KSHELESKY@WCUPA.EDU