

# Stress Reduction Day

## FIND YOUR RELIEF

Tuesday, April 30th

**Resource Table**  
**2nd floor Kent Student Center**

>> 11am – 2 p.m.

Join us for free food, popcorn and more!  
Enter a free drawing for a chance to win  
1 of 3 yoga mats



**Stress Relief Stations**  
**2nd floor Kent Student Center >>**

- Dogs on Campus 11:30 a.m to 1 p.m.
- Henna painting 11:30 a.m to 1:30 p.m.



**Yoga**  
**Student Recreation and Wellness Center, Studio 1**  
>> 4:30 p.m – 5:30p.m.

FLASHperks



Come enjoy a FREE yoga class provided by SRWC.  
Bring your own mat, all levels welcome. Enter a free  
drawing for 1 of 3 yoga mats.

**Make Self-Care YOUR Priority**  
**DeWeese Health Center >> Lower Level**  
**Conference Room A >> 4:30 -5:30 p.m.**

FLASHperks



Presentation: Build your knowledge base on this  
health issue and explore strategies to reduce stress  
in your life.

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