#WellnessWednesday

WORKSHOP @ THE

BIOMEDICAL LIBRARY

IN PARTNERSHIP WITH

Campus Health
Student Health Service
University of Pennsylvania

Mindfulness & Meditation
Sept 4th from 1pm to 2pm
Biomedical Library Relaxation Room
To register, visit bit.ly/mindfulnessatbiomed

Learn how to relax your mind and body with strategies to help manage stress. During this session, you will be guided through mindful movements, self-applied massage, and meditation.