Fall Mind/Body Workshop Series

Mind/Body Workshop Series that will help support positive stress management, wellbeing, energy, positive emotions and more!

Session 1: Fall Yoga for Stress Relief with Jeanne Williamson, MSW, LICSW RYT 200 September 6, 13, 20, 27 11:30am-12:20pm Outdoors in the grassy area between the welcome center and horse barns

Session 2: Tapping Circle Come learn an easy and relaxing skill to manage stress! With Amy Richards, LPC October 4, 11, 25 and November 1 in Briggs Library McGinnis Room 11:45am-12:15pm

Session 3: Meditation Through Art with Jeanne Williamson November 8, 15, 22 from 11:30am-12:15pm in Briggs Library McGinnis Room

Pre-registration required. Register here!