

Join Us!

STRESS BUSTER DAY

Monday April 29th, 9:00 am-1:00 pm



Center for
**Contemplative
Studies**

WEST CHESTER UNIVERSITY

**Stress-Reducing Activities include:
Meditation, Drum Circle,
Yoga, Aikido,
Therapy Dog,
Mindful Art, Mindful Pong**

See the full schedule at
<http://www.WCUPA/CS>
700 S. Church St.