

“JUST BREATHE”

UWC LUNCH ‘N LEARN

Wednesday, January 23rd

Noon-1:00pm

Collier Building (HSC) Room 1035



University Women’s Commission proudly welcomes
Dr. Michele Knox presenting:

*“Just Breathe: Using Technology and
Relaxation to Prevent Anxiety and Improve
Stress Tolerance”.*

Bring your lunch and a friend and come ready to learn more
from Dr. Knox!

