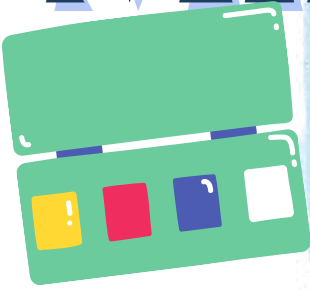


Brought to you by The Peer Fellow Program at the Counseling &
Student Development Center

Funded in part by the Student Activity & Program Fee Board

Mindful



Moments

Managing Your Emotions

Wednesday,
April
30th



10 AM
to
1 PM



Campus
Center
Courtyard



Join us in learning
about identifying,
navigating, and
expressing your
emotions!

Activities Include:

- Journaling
- Painting
- Potting Plants
- Trivia
- Free Food & Drinks!



For questions,
please call us at: (808) 956-7927!

