Emotional Fitness Group

Share concerns related to your emotional and physical wellness, reduce stress and anxiety, and learn healthy coping skills! Acquire practical, healthy methods for improving your self-care and sense of well-being.

Thursdays
(Beginning 1/21/16)

6:00pm-7:00pm

Crawford Building
4th Floor, Room 407

Facilitated by: Lauren Mazur, M.S. & Mary Kate Miller, M.S.

Call CAPS at 321-674-8050 or email CAPS@FIT.edu for more information