Wellness Boot Camp

October 3, 2018
Evans Hall, Rm 202
7:00-8:30PM

How to Cope Like a Panther

Would you believe us if we told you by the end of this boot camp, you will feel strong, healthy, and reinvigorated without having to break a sweat? Join your fellow panthers for a powerful evening where you will learn skills to train your mind and body to manage daily stressors while staying calm and confident. Space is limited, so arrive early to reserve your spot.

Sponsored by

The Student Counseling Center

For more information, call 321-267-8403 or visit www.shuky.com/counseling and practice tips on our space.