

CAPS

Seattle
University

COUNSELING and PSYCHOLOGICAL SERVICES



Relax your mind & body

This is a drop-in group, so come once or come weekly. Learn a variety of ways to teach your mind and body to relax. Wear comfortable clothing. Space is limited so there is a first-come first-served policy.

Leader :

Mehvash Ali, Ph. D.

meeting time:

Wednesdays 11-12
on the following days:

9/23/09, 10/7/09,
10/14/09, 10/28/09,
11/4/09, 11/18/09,
12/2/09, 12/9/09

Place:

CAPS OFFICE STUDENT PAVILION, ROOM 120