

CALM BODY, CALM MIND



WHO

WSU students interested in learning to manage anxious thoughts/feelings

WHAT

- Learn what causes anxiety and how to manage it
- Recognize and respond to your body and its needs

WHEN

Thursdays 1 pm – 2:30 pm (start date TBD)

WHERE:

Counseling and Wellness Services, Student Union 053

COST:

After the \$20/semester opt-in fee, group is FREE

**If you are interested in joining, or want to learn more, contact us at
(937) 775-3407**

Facilitators: Katherine Seppi & Diana Santullano

Supervisor: Szilvia Jenei, PsyD.