

The Office of Student Affairs Presents

# Spring Into Wellness

## Wellness Wednesdays

Join us for on-going wellness workshops, sessions, and activities every Wednesday



### WEEKLY COFFEE HOUR WITH OSA

2/14, 2/21, 2/28,  
3/6, 3/13, 3/27,  
4/3, 4/10, 4/17,  
4/24, & 5/1

11:30 a.m. - 12:30 p.m.  
312 O'Brian



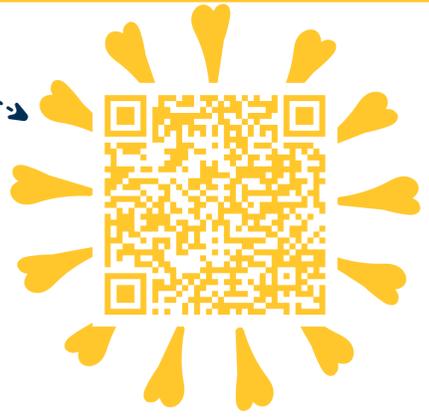
### YOGA WITH ASHLEY ABBOTT

2/14, 2/28, 3/13,  
3/27, 4/24, & 5/1

3:30 p.m. - 4:30 p.m.  
Wellness Room

(6th Floor Law Library - new space behind the bookshelves)

 For updates, more details, and other Spring into Wellness events, please visit our website



 Please email or call OSA  
law-studentlife@buffalo.edu  
716-645-6223



### MENTAL HEALTH & WELLNESS WITH UB COUNSELING

2/21, 3/6, 3/13, 3/27,  
4/10, & 4/24

12:00 p.m. - 12:45 p.m.  
505 O'Brian

### ACCESS LEX - FREE FINANCIAL COACHING SESSIONS

2/21, 3/13 & 3/27



10:00 a.m. - 1:00 p.m.  
30 Minute Appointments

