

Join the Office of Student Affairs and  
UB Health Promotions for a

# Guided Meditation



Wednesday, February 22nd 2023

2:30 - 3:15 PM

O'Brian Hall First Floor Student Lounge

- Relax during this 15-20min guided meditation and learn more about meditating!
- UB Health Promotions will be providing stress relief give-a-ways!



**12 Weeks of Wellness Details:**

