

The Office of Student Affairs Presents

Fall into Wellness

Wellness Wednesdays

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

WEEKLY
COFFEE HOUR
WITH OSA

9/13, 9/20, 9/27, 10/4, 10/11,
10/25, 11/8, 11/15, & 11/29



11:30 a.m. - 12:30 p.m.

312 O'Brian

YOGA WITH
ASHLEY ABBOTT

9/20, 10/4, & 11/15



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

509 O'Brian

GUIDED MEDITATION
WITH PROF. CHIESA

9/13, 9/27, 10/11, 10/25,
11/8, & 11/29



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

509 O'Brian & Zoom



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

MENTAL HEALTH &
WELLNESS WITH UB
COUNSELING

9/27, 10/11, 10/25,
11/8, & 11/15



12:00 p.m. - 12:45 p.m.

505 O'Brian



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

ACCESS LEX - FREE
FINANCIAL COACHING
SESSIONS

9/13, 9/27,
10/11, & 10/25



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

**30 Minute
Appointments**