

The Office of Student Affairs Presents

Fall Into Wellness

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

TAKING CARE TUESDAYS WITH OSA

Every Tuesday
11:30 a.m. – 12:30 p.m.

Letro Courtroom

THER-A-PETS

Every Wednesday
11 a.m. – 1 p.m.

1st Floor Lobby
O'Brian Hall

YOGA WITH ASHLEY ABBOTT

Every Wednesday
12 p.m. – 12:45 p.m.

6th Floor Wellness
Room (640 O'Brian)

FINANCIAL COACHING SESSIONS

MARY
BECHLER, AFC
SIGN UP
HERE



ACCESSLEX, AFC
SIGN UP
HERE



law-studentlife@buffalo.edu
716-645-6223

Scan for more details and other
Fall into Wellness events.



University at Buffalo
School of Law