**Mind Body Wellness Discussion Groups**

Offered by the **Office of Counseling Services**

**Join our Mind Body Wellness Discussion Groups and experience a holistic approach**

**to understanding stress and health while reducing your levels of stress!**

**Mind Body Wellness Discussion Information**

**Sessions**

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| February 27th | What is my stress profile? |
| March 6th | The Mind & Body Connection |
| April 3rd | Beliefs that lead to Anxiety |
| May 1st | Strategies to Cope with Stress |

**Time:** 4-5:30pm

**Where**: Reich Room

**How to Join:** Call 757-683-4401 to sign up for a session today!

**Cost to Attend**: FREE

\**Note: Discussion groups offer community support and encouragement in an open forum and are not considered therapy groups. Must be an ODU student and registered for at least 6 credits to be eligible for participation. No intake required.*