



WELLBEING CLUB

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COME LEARN RELAXATION TECHNIQUES  
FOR BODY, MIND AND SOUL

**WHERE: W5-420-1**

**WHEN: TWICE A WEEK**

**TIME: MONDAY- 3-4:30PM**

**THURSDAY 5-6PM**

**PROF. RETHA CHOI**

**LEARN CHAIR STRETCHING,  
CLASS AND LIVING  
SCHEDULING, RELAXATION  
IDEAS, FREE TALKING.  
EATING HEALTHY FOOD,  
STRESS RELIEF.**

