Counseling and Psychological Services (CAPS) Campus Recreation, Student Health Services, & The Middle Earth Peer Assistance Program PRESENT

The 3rd annual...

Lifehack Expo 2017
for a Healthy Happy YOU
Learn ways to help you deal with life's ups and downs and THRIVE @ UAlbany. Monday, September 11 @ 7 PM
Campus Center Ballroom

Join us! IT'S FREE. (with FREE stuff)

Zumba! @ 7:30

Chair Yoga @ 8:00

Painting on Canvas @ 8:30
Space is limited

Activities that will run ALL NIGHT include:
Biofeedback and Deep Breathing, Foam Rolling, Massage, Social Mixers, Games, a Creative Art Station, Plant-Your-Own Seed Station, and so much MORE

*Raffles *Prizes *Music

Coloring Books with Pencils and Other Stressless Items for ALL Who Attend

Make New Connections at UAlbany! Meet Students, Staff, & Your Middle Earth Peers

A Healthy Body + A Healthy Mind = A Healthy GREAT Dane.

For more info, Contact CAPS @ 518-442-5800 or hwright@albany.edu www.albany.edu/caps

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