

# Address your Stress

Relax

Restore

Renew



*Experience your mellow side!  
Come to the Counseling Center  
at noon Tuesdays*

*Learn about Stress & Practice Relaxation  
Leave Relaxed, Restored & Refreshed*

*Starts October 18 --1235 RT  
Drop in or call Janice Vidic  
or Lou Sauer, Ph.D. for more info.  
216.687 2277*

*Free Relaxation CD; Bring lunch if you like.*

