Free Your Mind

A UNIQUE GROUP FOCUSING ON MOVEMENT AND EXERCISE FOR ANXIETY.

WHERE: AINSWORTH STUDIO 151

WHEN? Starts Tuesday, 2/6 5-6

BECAUSE MUSCLES KNOW MORE THAN YOU THINK!

FACILITATED BY ELENA VOLPE, LMFT, SMITH COLLEGE COUNSELING SERVICES.

Contact Counseling at X2840 for info and sign-up, or email Elena @ evolpe@smith.edu