

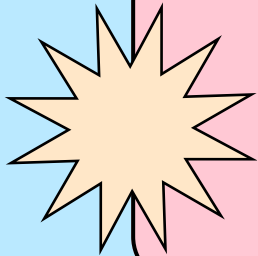
FEELING DOWN?

DISCONNECTED?

NO BRAKES ON THE FEEL TRAIN?

JOIN US FOR MINDFUL MEETUPS

LEARN, CREATE AND CONNECT



BUBBLE WANDS

📍 TVUC Senior Classroom B

🕒 10a-11:30a

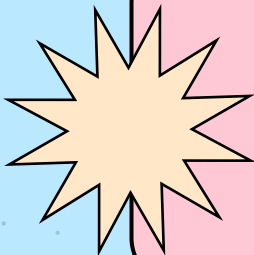
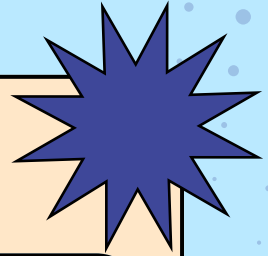
SEPT 18

WORRY STONES

📍 TVUC Senior Classroom B

🕒 12:30p-1:30p

OCT 16



GRATITUDE JOURNAL

📍 UH&CS Group Room

🕒 10a-11:30a

NOV 20

TO REGISTER SCAN THE QR CODE



**CASE WESTERN RESERVE
UNIVERSITY**
University Health
and Counseling Services