

THE WELLNESS CENTER PRESENTS

WELLNESS CENTER

Get well.

Be well.

Stay well.

# JUST BREATHE:

## Working Through Anxiety & Panic

**COLLEGE IS EXCITING, TOUGH, FUN, & STRESSFUL!  
LEARN TO MANAGE "ALL THE FEELS!"**

Tuesday, September 10 at 5PM in the LSC  
Wellness Center, 3rd floor Granada

Living Your Best Loyola Life drop-in workshop series

**NO RSVP REQUIRED!**



[www.luc.edu/wellness](http://www.luc.edu/wellness)



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