

Finals got you stressed out?

COPE N' COLOR

.....
When: Tuesday, April 26th

@ 7:30pm

Where: PLC Suite in Poyda Hall



**Come explore a new
coping mechanism... coloring!**

If you have any questions about this event, please email
Dr. Musumeci-Szabo at tmusumecisz@rider.edu

Got stress? Come yoga with us...



Join Dr. Musumeci-Szabó &
Dr. Perrin English, RYT
to discover how **yoga** can help
you catch your breath &
harness **The Force** during
Finals Season...

**For best results: Bring a yoga mat
or large towel & an open mind.**

ALL ARE WELCOME

WHEN: Tuesday 5/1

Session #1 12:45 - 1:30

Session #2 1:45 - 2:30

WHERE: POYDA A-LOUNGE

This event is brought to you by The Faculty in Residence Discussion Series of the
Rider University Psychology Learning Community.

For details, please contact: Dr. Musumeci-Szabó here: tmusumecisz@rider.edu