



*TSU Status of Women Committee Presents:*

*Health, Mental Wellness, and Self-Care*

*Tuesday May 4<sup>th</sup>, 2021*

*@ 4:00-6:00 p.m.*

Join the TSU Status of Women Committee for an evening centered on personal health, mental wellness, and caring for the self.

This past year has been challenging in so many ways for all of us, and it will be beneficial to take some time for ourselves.

The evening will include:

- ♥ Yoga with a certified yoga instructor
- ♥ Meditation
- ♥ Discussions about how to care for one's physical and mental health during this difficult time

PLEASE RSVP TO

[TSU@TSUOECTA.ORG](mailto:TSU@TSUOECTA.ORG)

BY FRIDAY APRIL 30, 2021

THE ZOOM LINK WILL BE

SENT OUT TO

PARTICIPANTS TWO DAYS

BEFORE THE EVENT