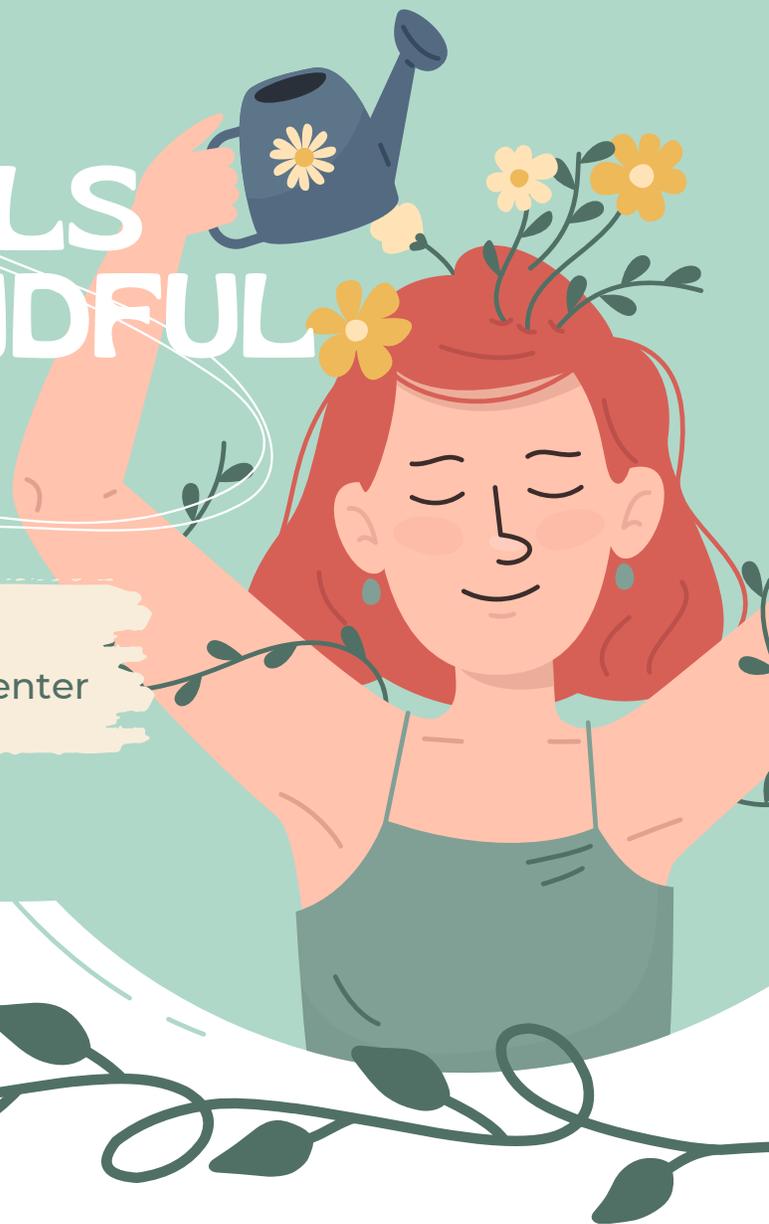


# WIND DOWN BEFORE FINALS WITH THE MINDFUL CHAIR

SPONSORED BY ENDEAVORS

Wednesday, May 1st  
10AM-1:30PM

Zen Den in the Student Success Center  
(Building S)



Take a break from studying and unwind with us before Finals in the MINDFUL CHAIR!

"Mindful Chair meditation technology provides effortless meditation benefits. Just sit back and experience the benefits. When it is time to perform at your best, the meditation chair quiets the busy mind and mental distractions, provides deep relaxation and stress reduction, provides valuable recovery, and teaches how to be in the moment to achieve peak performance." -endeavors.org