



The City College
of New York

Office of the Vice President of Student Affairs
and Enrollment Management



Finding Your Calm



Tuesdays 9/05 - 12/05

12:30pm - 1:30pm, Marshak J-15

Being a college student can be stressful. Don't let stress get the best of you and let's find a solution together!

Join us every Tuesday starting September 5th to learn how to better cope with stress and practice mindfulness meditation.

RSVP link: <https://www.surveymonkey.com/r/7WW9SDS>