

COPING WITH COVID

Using Mind-Body Skills to Bring Calm & Reduce Stress



- 4 Sessions - join one or all!
- Mondays, April 20-May 11
- 2:00-2:45 PM
- Learn & practice skills to use right now

To register, click on the link below. You will be sent a link to Zoom to join the sessions. Opportunities to check Zoom connections for first time users will be offered as well.

Click HERE to register:

<https://forms.gle/yjneDmmuGXdHP8kK9>

Questions? Contact Selena at selena.freimark@wisc.edu or 715-531-1947



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