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RELAXATION

Turn these pipedreams into reality by taking a moment to forget about classes, endless task lists, and calm your caffeine-induced jitters.

Join us for a short vacation to relax, have fun, and learn how to sharpen your time or stress management skills.

For more information or to schedule a **RELAXATION STATION**, for your student organization/RSO, class, or residence hall floor, visit www.counseling.ilstu.edu or speak with our Outreach GA at (309) 438-7494.

AVAILABLE FOR:

- student organizations/RSOs
- academic classes
- residence hall floors

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i ♥ mondays!

me. stressed? no way!

more homework. por favor!



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