

# FINALS HAVE YOU STRESSED?



## AMU STRESS FREE ZONE

2ND FLOOR LOBBY  
DEC. 14 AND 15, 5-7PM  
DURING FINALS WEEK

TAKE A BREAK FROM STUDYING

- \*FREE HAND MASSAGES
- \*HEALTHY SNACKS
- \*OTHER RELAXING ACTIVITIES



Center for Health Education and Promotion  
Student Health Service

THIS EVENT IS CO-SPONSORED BY THE AMU  
AND THE CENTER FOR HEALTH EDUCATION & PROMOTION