

**Relax
Renew
Rejuvenate**



Meditation and Relaxation Class

CO-SPONSORED BY THE COUNSELING CENTER AND THE SRC

**Weekly Classes at
the Student Rec Center
Wednesdays,
October 7–December 2
12:15 to 1:00 pm**

**Open and free to all
students, staff and faculty**

**For more information contact
the Counseling Center
951-UCR-TALK**

Or

**Student Recreation Center
951-827-5738**