

Complementary Approaches to Health & Wellbeing



Thursdays, 3-4 pm at UHCS

This is a group for students who are interested in exploring mind-body-spirit approaches for enhancing health and wellbeing. Over the semester, you will have the opportunity to explore the benefits of meditation, breathing exercises, qi gong, and other energy modalities. While continuous participation is encouraged, you can attend as many or as few sessions as you wish.

Please note that the groups are for NU students only!

For more information and to register, call **617-373-2772** or go to **www.neu.edu/uhcs**. If you are interested in getting emails regarding groups, please email us at **uhcs@neu.edu** with **"GROUPS"** on the subject line.

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