

# Weekly Meditation Hour

Every Tuesday, Noon-1:00PM

Bldg 72 (Rec. & Sports Services), the GREEN Studio

Practice the art of meditation & learn to use meditation to  
manage stress!

**FREE and OPEN to  
Students, Faculty, &  
Staff**

**Facilitated by:  
Eric Schade, MSW  
(850) 474-2420**

**UNIVERSITY of** Counseling and  
**WEST FLORIDA** Psychological Services