

**ALPHA CHAPTER  
OF  
CHI SIGMA IOTA**

# **WELLNESS DAY MARCH 1, 2023**

**11:30 AM - 4 PM**

**JOIN US FOR FUN ACTIVITIES:**

## **THERAPY DOGS**

Patton Lobby at 11:30am - 12:30pm

## **YOGA WITH DR. C**

Room 232 at 12:00pm - 1:00pm

\*Bring a towel or yoga mat!\*

## **MINDFULNESS SESSIONS**

Room 210 at 3:00pm-4:00pm

## **DANCE SESSION**

Room 105 at 3:00pm - 4:00pm

**AND MORE!**

Scan for full schedule!



**GRAB SOME  
FREE PIZZA!**

