DE-STRESS FEST 2016
explore natural, healthy ways to reduce stress
and balance body & mind!

Treatment Sessions
• Acupuncture • Massage • Reiki

Classes
• Yoga • Qigong
• Mindfulness & Meditation

Vendors & Giveaways
• Tea Guys • DoTERRA Essential Oils
• Sun & Moon Originals (yoga cushions)

With meditative cello music by Joe Johnson

TUESDAY, DECEMBER 13
NOON – 4 P.M.
STUDENT UNION BALLROOM

Center for Health Promotion and Campus Recreation
UMass Amherst