



MINDSTRETCH

April is Stress Awareness Month

Take time to unwind by joining a mindstretch session to exercise your body and your mind.



Learn and practice breathing exercises through chair-based yoga which will help you relax and reduce stress!

[Register here to join a FREE MindStretch session](#)

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To learn more about our online platform Bridging Academics and The Mind and other programs visit our website or contact Cassie Smith at fcsmith@hlffinc.org.