

SU COUNSELING CENTER PRESENTS

# TAKE

# 5

# Destress Event



Explore mindfulness through the five senses, with activities including essential oils and a Zen garden

**Wednesday, October 11, 2023**

**12:30-3:30 p.m. ■ THE SQUARE**

*Enjoy giveaways, games, music, food and Pets on Wheels.*

**Make Tomorrow Yours** ›

**Salisbury**  
UNIVERSITY

[salisbury.edu/counseling](https://salisbury.edu/counseling)

**PARKING: PLEASE NOTE:** Visitor parking permits are required to park at SU; please request a permit at [salisbury.edu/visitor-parking](https://salisbury.edu/visitor-parking)

SU is an Equal Opportunity/AA/Title IX university and provides reasonable accommodation given sufficient notice to the University office or staff sponsoring the event or program. For more information regarding SU's policies and procedures, please visit [salisbury.edu/equity](https://salisbury.edu/equity).