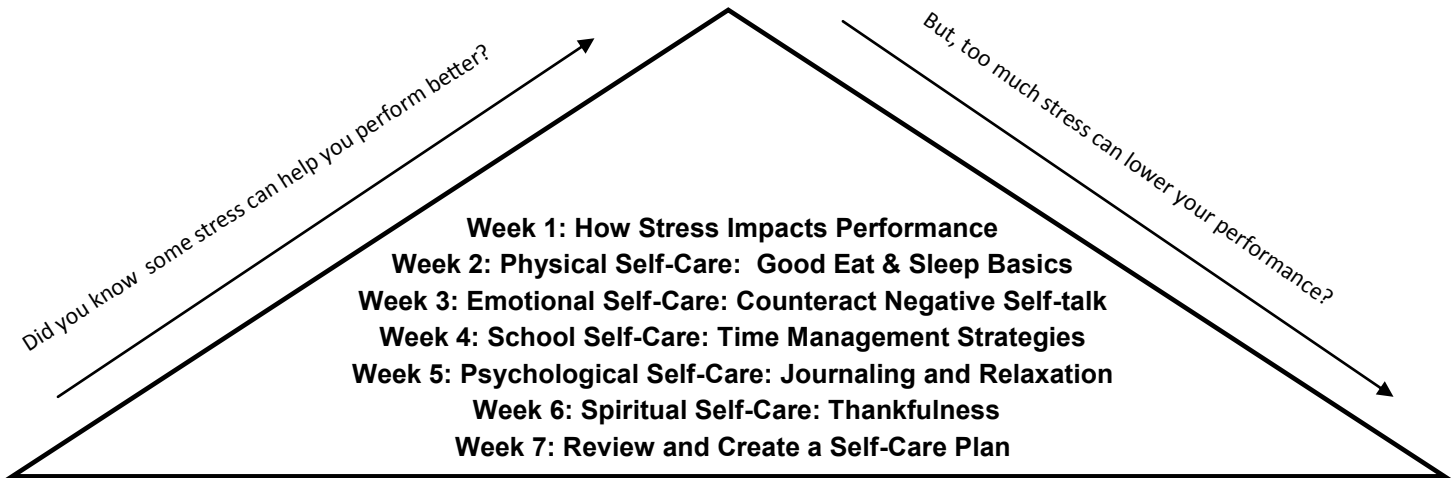


SELF-CARE FOR PEAK PERFORMANCE

Free 7 Week Workshop Series

How is your self-care routine?



Learn how self-care can help you stay at your peak.

Wednesdays 1-2 PM

September 4-October 16

(No need to register, just drop in for any or all of the sessions)

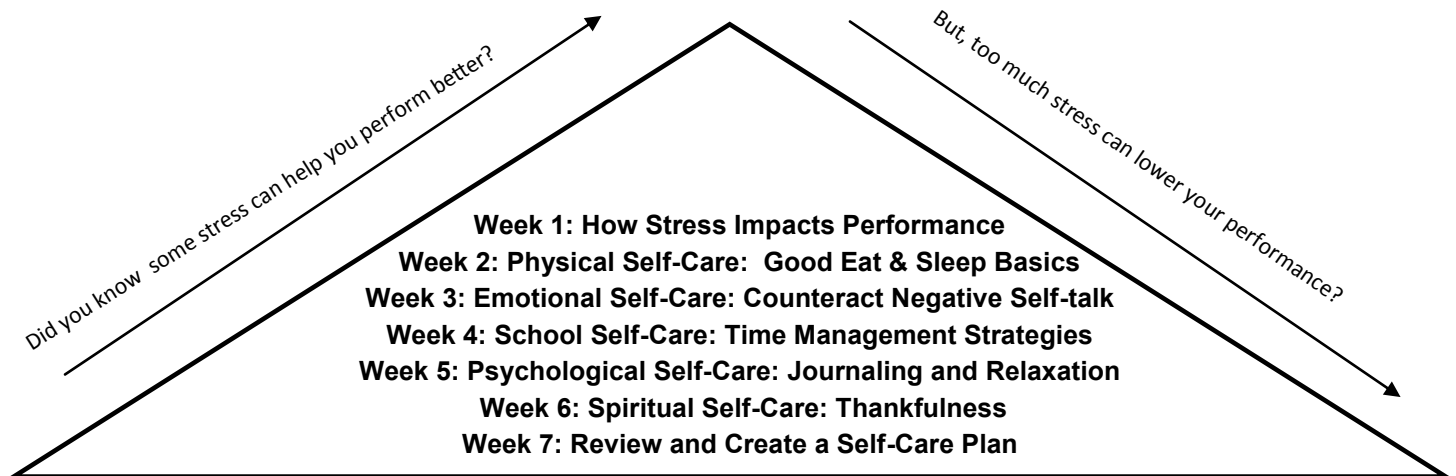
Counseling and Psychological Services (CAPS)/IU Health Center, 600 N. Jordan

For more information call 812 855-5711

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