

RELAXATION *WORKSHOP*

Tuesday, 12/02/2025

3 pm – 4 pm

Bowld 247

“I asked, ‘Dallas, what is your word for Jesus?’ He smiled,
‘Relaxed.’

(quote by Bill Gaultiere about his conversation with
Dallas Willard)

Relax... but how? Especially when things are busy and stressful. Relaxation is a skill to learn. With finals and the holidays fast-approaching, join us at this one-hour workshop to learn some skills to manage stress and relax during this busy time. Counselor Christie Polk and Spiritual Director Chelsy Crawford will offer some helps for you as you seek to be like Jesus and to learn to relax