

SIGMA LAMBDA
BETA PRESENTS:

"TAKE A BREATH"

WHAT: DEEP-BREATHING,
VISUALIZATION, & GENTLE
STRETCHING INSTRUCTION WITH
PROFESSOR ERIN
CRAWLEY-WOODS AND DR. MEGAN
NESBITT

WHEN: OCTOBER
29TH, 2020 FROM
5:30PM-7:00PM

WHERE: ZOOM
MEETING ID: 322 166 2014
PASSCODE: BREATHE