HONORS COLLEGE WORKSHOP
REVOLUTIONARY SELF CARE

TUESDAY FEBRUARY 27TH, 2018
10:00AM TO 11:30AM

STUDENT UNION CENTER (UNIVERSITY CENTER)
ANAQUA ROOM (U.C. 2.03.08)

This is a workshop where we will look at different ways to practice self-care during high peak and high stress times. Most importantly perhaps, we will discuss the necessity for self-care. We can not ask of ourselves what we don’t have. It is my intention that this workshop will help you with renewing your energy source (recharging the batteries) and maximizing your time so that you have a successful semester and learn to manage your stress effectively. Join me!

FOR MORE INFORMATION CONTACT: DR. PETRA BOWMAN (LAPETRA.BOWMAN@UTSA.EDU)