



**FREE DONUTS**

For more information,  
contact [rwz@unlv.edu](mailto:rwz@unlv.edu)

# DONUT STRESS WORKSHOPS

**In the Student Union 12 - 1 pm**

**Tues, Feb 11, 2020 - Coping with Stress (SU Room 208C)**

**Wed, Feb 19, 2020 - Stress and Academics (SU Room 219)**

**Mon, Feb 24, 2020 - Stress and the Body (SU Green Room)**

Join us for **FREE** donuts and discussion based workshops about stress management.  
Learn skills and techniques to cope with stressors in college and life.

**RWZ**

**active  
minds**  
.....  
University of Nevada,  
Las Vegas