



**you're
invited**

**McKinley's Stress Management Peers (SMP)
want you to relax and have some FUN!**

STRESS *Less* PARTY

**Wednesday, March 4th
6:00 p.m. - 9:00 p.m.**

- Shoulder/neck massages - \$5 for 10 minutes
- Play Nintendo Wii
- Practice relaxation techniques and learn yoga poses
- Watch a relaxation video: *Reconnect, A Relaxing Retreat*
- Experience secrets of the spa - test out home "spa" recipes
- Make your own stress ball & other creative crafts
- Nutrition, sexual health, & financial information available
- FREE food while supplies last and MUCH MORE!

JOIN US & DE-STRESS!

Drop by the OASIS at the Illini Union, Lower Level

SPONSORED BY: BodyWork Associates, Chick-fil-A, Counseling Center, McKinley Fitness Peers, McKinley Nutrition Peers, McKinley Sexual Health Peers, McKinley, Stress Management Peers, Rice Garden, U of I Extension Services, Yoga and Meditation Club