

WELLNESS WEEK - DAY 1

**Join SGO for 15 Minutes of
Mindfulness**

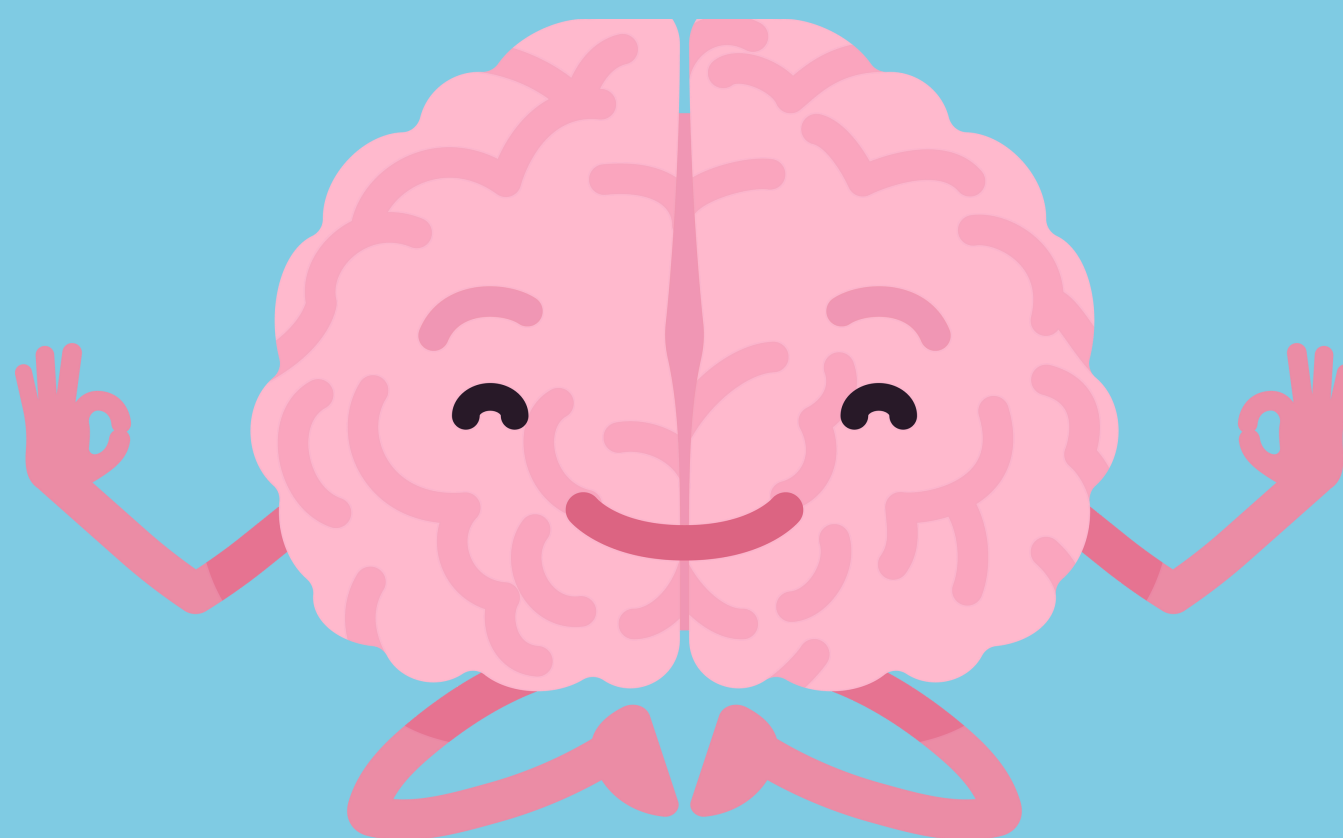
&

**Breathing Exercises Followed by
Wellness Trivia**

Monday, November 4th at 12:00 pm

Hosted Via Zoom

[Register Here](#)



Questions? Email us @

sbmi.sgo@uth.tmc.edu



Student Governance Organization

Wellness Week-Day 1



15 MINUTES OF MINDFULNESS &
BREATHING EXERCISES
FOLLOWED BY WELLNESS TRIVIA

Monday, November 4th
at 12:00 pm

Hosted via Zoom

Questions? Contact us @
sbmi.sgo@uth.tmc.edu

[Register Here](#)

