

Breathe through Stress

Open to ACC
Students &
Staff

Thursday, March 15

VLH 117

Noon-1 p.m.

Learn tips and techniques to recognize and react to stress to find safe and healthy ways to release tension in the moment



**For Questions or to Reserve your space at this
workshop:
call 989.358.7329 or email triskop@alpenacc.edu**

Workshop led by Paige Trisko, Registered Yoga Teacher-500,
advanced therapeutic yoga and functional movement instructor

