



LUNCH & LEARN

HOW DO YOU HANDLE YOUR STRESS?

**LEARN SIMPLE TECHNIQUES TO
CALM YOURSELF WITH BODYWORK**

**OCTOBER 4 @ NOON-1PM
MUB ALUMNI LOUNGE A**

RSVP: Shannon Brodeur, sbrodeur@mtu.edu
Registration Form: mtu.news/2h6rJxv

PRESENTER:
Lynn Anderson,
certified massage
therapist, The Healing
Nest

Hands-on
demonstrations

All attendees will
be eligible for prize
drawing for 1 free
bodywork session
with Lynn

Earn 100 bonus
HuskyPAW points for
attending

Beverages will be
provided - feel free to
bring your lunch

Open to students,
faculty, and staff!