

respond well. breathe well.
be well.



**THE
TAP
ROOM**

IOWA STATE UNIVERSITY
Student Wellness

DE-STRESS RELAX

Experience The Tap Room

10 a.m.-2 p.m. • Wednesday, May 15 • 1009 LeBaron Hall

The Tap Room is a traveling relaxation and stress-reduction environment for students, faculty, and staff. Facilitated by ISU Peer Wellness Educators, all activities promote self directed relaxation and learning.

Hosted by the College of Human Sciences P&S Council

GUIDED MEDITATION • BIOFEEDBACK • LIGHT THERAPY • AROMATHERAPY • SELF MASSAGE
CANES • MIND PUZZLES • SELF-COMPASSION • GRATITUDE • CREATIVE THERAPY • MORE