

FACULTY & STAFF SELF CARE SERIES

Lecturers & Academic Staff have partnered to provide a series of stress relief & self-care sessions. Open to all WSU staff & faculty.

Join WSU yoga instructor and owner of Mindful Detroit, Caitlin Brown, in a 45 minutes virtual yoga session! No mat needed--all you need is an open space and an open mind!

August 4th at 12 pm via Zoom

<https://wayne-edu.zoom.us/j/93147757770?pwd=UEt3c0pXOWd6Q3d6eDd4VHVjN1c1UT09>

