

**April 21, 2025
Monday
12pm – 1:30pm**

**BSPH Room W1030
Anna Baetjer Room**

Zoom



YOGA GROUP SESSION



**Snacks are
provided**



**Free Group
Session with
YASEER AND
NAMRATA**



**Relax &
Rejuvenate**

**Limited 15 Spots in person and 15 on Zoom
First Come First Serve
All Students are Welcome**

**SPONSORED BY: BSPH STUDENT ASSEMBLY
HEALTH AND WELL-BEING COMMITTEE**

For any questions, please contact Li Diao (ldiao1@jh.edu) and Samuel Ntow (sntow1@jh.edu)