



# **UNWIIND WEDNESDAYS**

**Wednesdays beginning  
Nov. 10 through the end  
of the semester.**

**12:15 p.m. • Room B-280**

We will offer a variety of “unwind” experiences to help reduce stress and improve emotional well-being. Come experience relaxation and refresh in the middle of the week.

*Hosted by Triton Counseling Department.*

**For more information or to make an appointment regarding mental health or emotional wellness concerns, email [counsel@triton.edu](mailto:counsel@triton.edu) or call (708) 456-0300.**

No matter who you are or what you aspire to be ...

There's  
a place  
for you.



**Triton College**  
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