

For VTW:

Is life rubbing you the wrong way?

Then learn more effective ways of coping:

Take our stress quiz, get your biodot, pick up some tips and if you're one of the lucky ones, by making a donation to Vanier students in need, have a professional massotherapist give you a mini chair massage.

Test your sex education knowledge with facilitators from **Head & Hands**. Pick up some condoms and other goodies.

Take care of your mind, body & soul.

*Presented by **Student Development** and the **Counselling Centre**.*

Tuesday, March 3rd

12 to 3 p.m.