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California Polytechnic State University

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FOR IMMEDIATE RELEASE

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Cal Poly Women's Programs and Services Hosts 'Tools for Meditation' Feb. 25

SAN LUIS OBISPO – Cal Poly Women's Programs and Services, in collaboration with Cal Poly Women's Leadership Council, will host "Tools for Meditation" on Monday, Feb. 25 from 11 a.m. to 1 p.m. in the left wing of Chumash Auditorium. Admission is free and refreshments will be provided.

Constance Hart of Conscious Colors will present the workshop and lead an interactive seated meditation and deep breathing sequence. She will discuss how meditation and breathing, along with color and aromatherapy, may help combat stress, anxiety and physical tension in daily life.

The workshop kicks off the campus Wellness Series. The goal of the series is to provide students tools to help overcome the daily stresses of college life.

For more information, contact Amber Branske at wlcpresidnt@gmail.com, visit www.consciouscolors.com or call the Cal Poly's Women Center at 756-2600.

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