**Tunxis Wellness Programs – TUNXIS.EDU/COUNSELING**

**LIMITED SEATS-SIGN UP TODAY:** <https://forms.office.com/r/EPdiqF49e3> 



Physical fitness

Free Workshop, Pizza and a Drawing! 

Tuesday, February 14, 2:30-4:00

(includes Q&A)

**Founders Hall**

* Understand the connection between physical fitness, mental health and all aspects of life.
* Learn workouts that you can do anywhere!
* Workshop presented by Fitness Trainer, Ochena Kelley from KFit.

**The R&R** - Visit the Relaxation & Resource Room, Inside the ASTC, Room 6-109

For event questions, email tx-counseling@tunxis.edu