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

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



free women’s self defense class

with farmington valley martial arts program

Tuesday, may 2, 1:00-2:00 pm

**tunxis courtyard – at spring fling**

Learning self-defense can improve your mental and physical health. Check it out!

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

For event questions, email [tx-counseling@tunxis.edu](mailto:tx-counseling@tunxis.edu)