

**Arts Culture and Humanities &  
Science and Society Presents**

**Healthy Solutions**

# **Reduce Stress During Exams**

**We Will Show You How  
All UGC'S Are Invited**

**Join us in the Roth Quad  
Classroom 103  
April 23, 2009  
4:00 PM**

**Foods That Help You Remember**

**Behaviors That Help You Relax**

**The Best Event Of The Year**

# **Stay Well**