



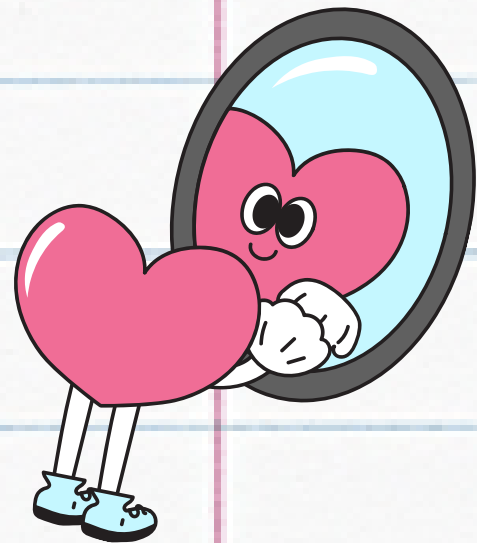
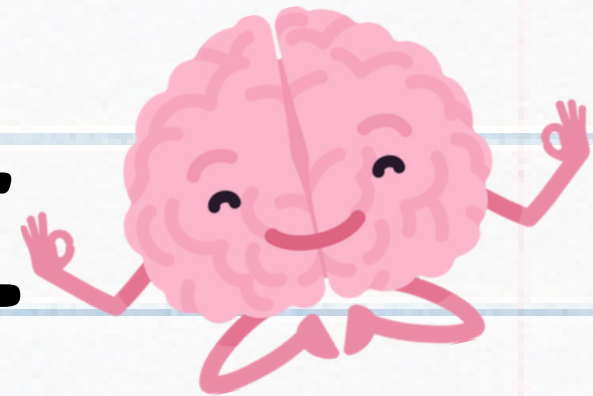
kindness

AWESOME!



Mental Health Week

Finals Week



De-stress



University of Pennsylvania School of Nursing

Penn Chinese Language Program

Matthew Y Wang Memorial Fund

TAKE IT EASY



Peace



Agenda

Mindfulness

Meditation

Chair Yoga

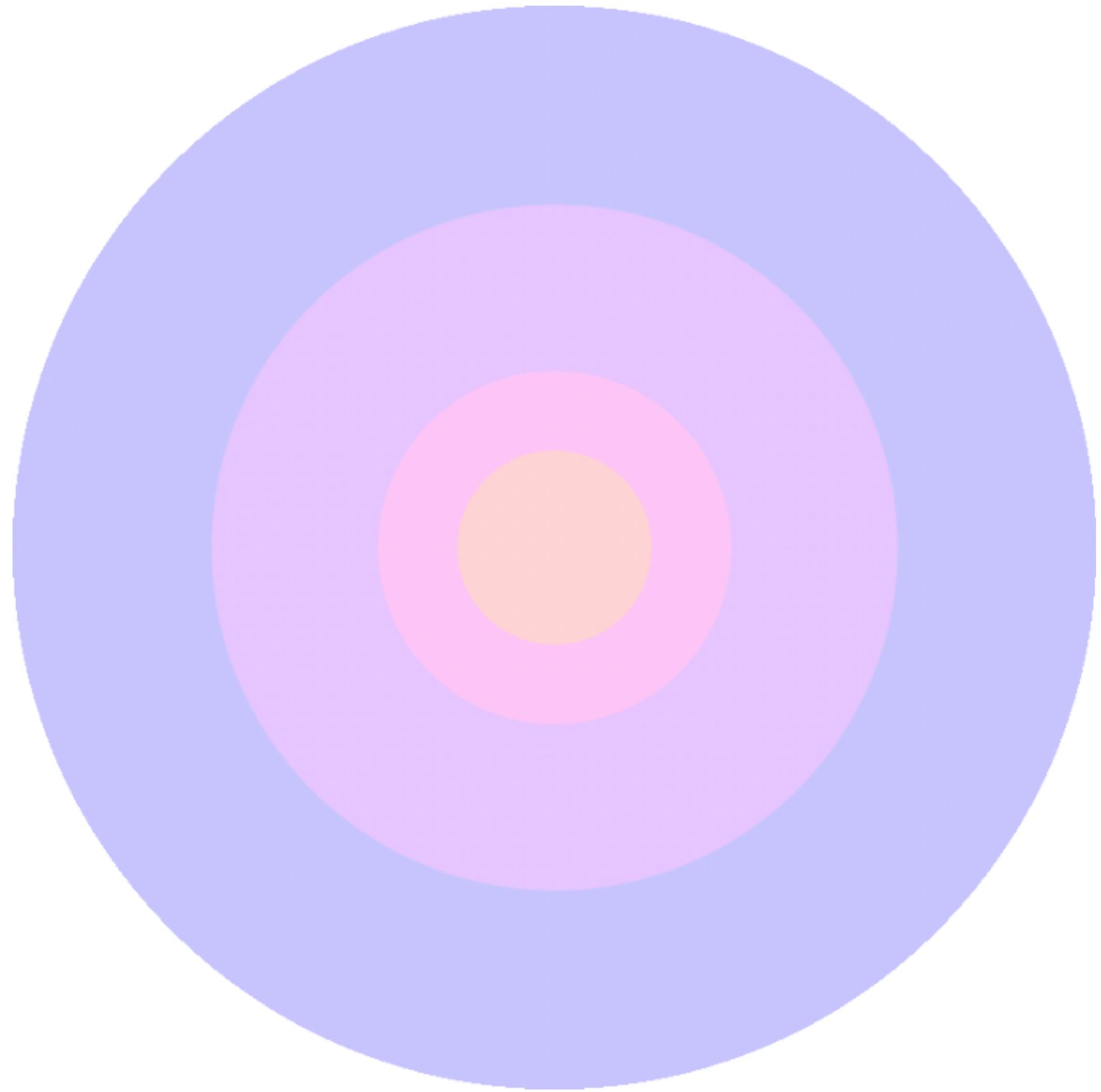
Acupressure

Healthy Habits Kahoot!



How are you feeling?

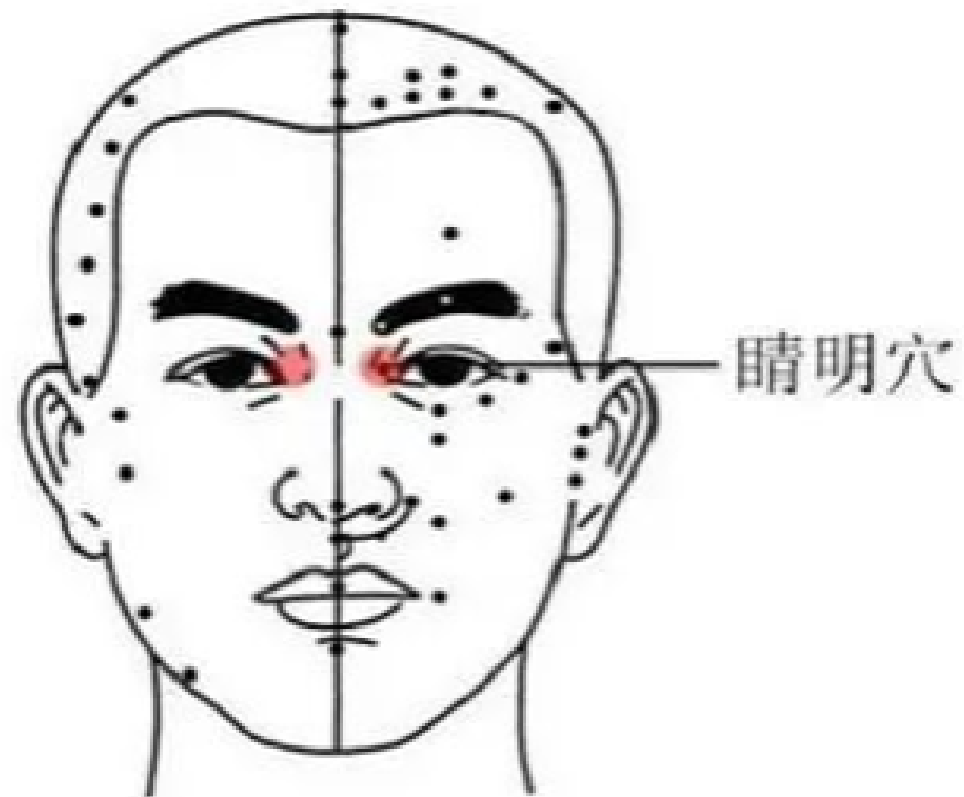
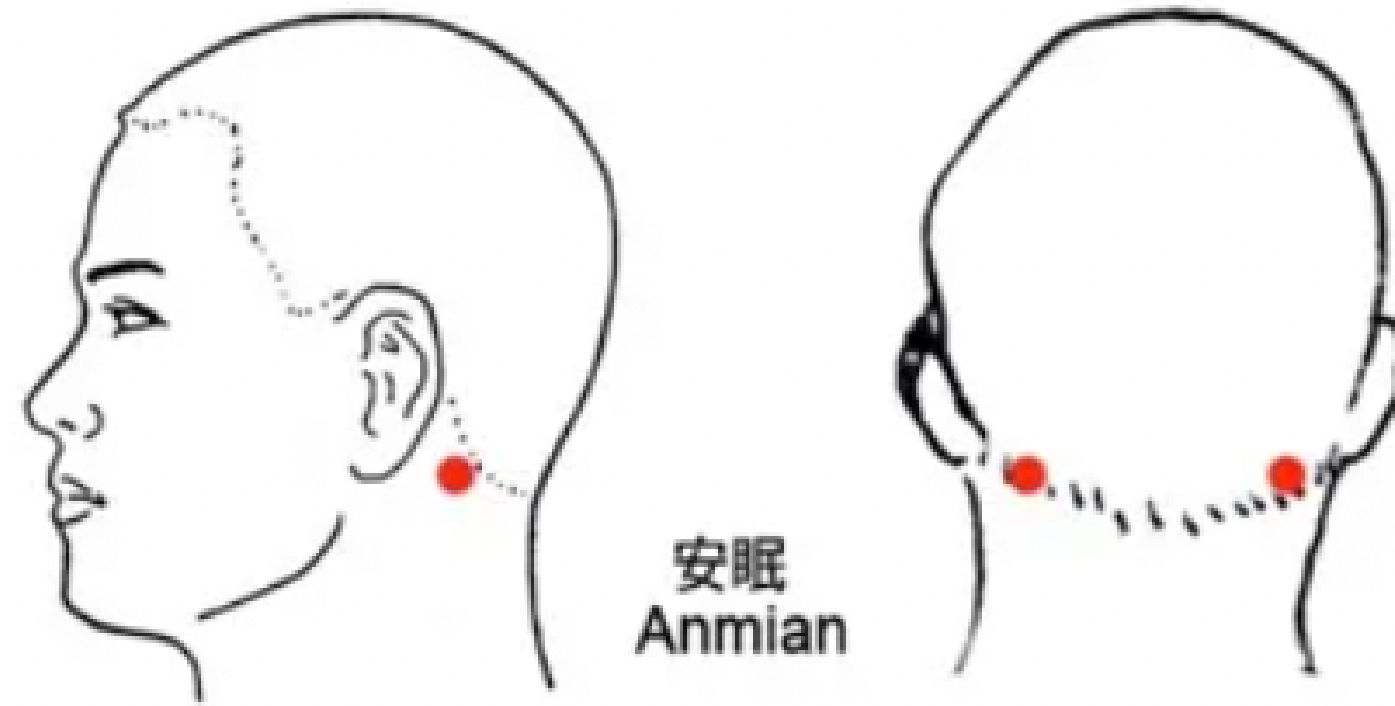




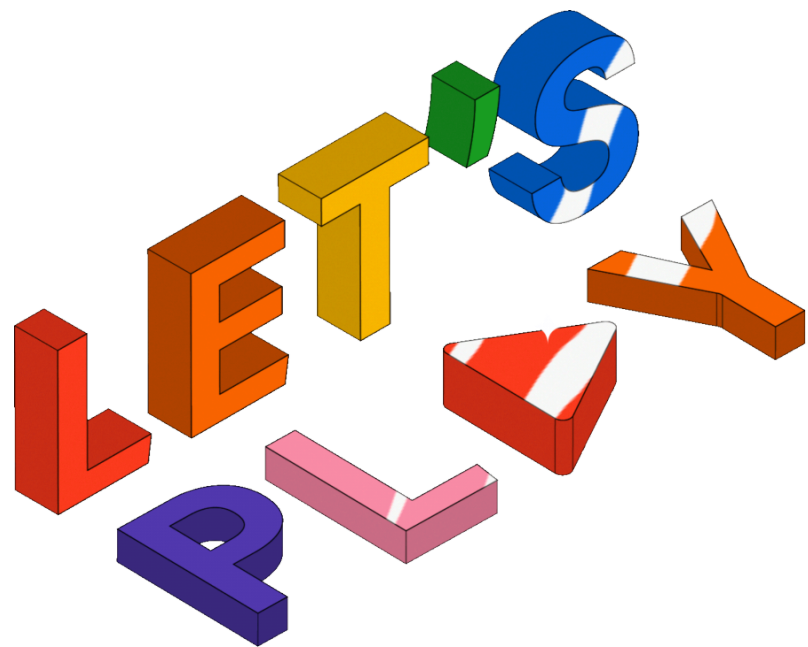
chair yoga



acupressure



Healthy Habit Kahoot!





Thank You!