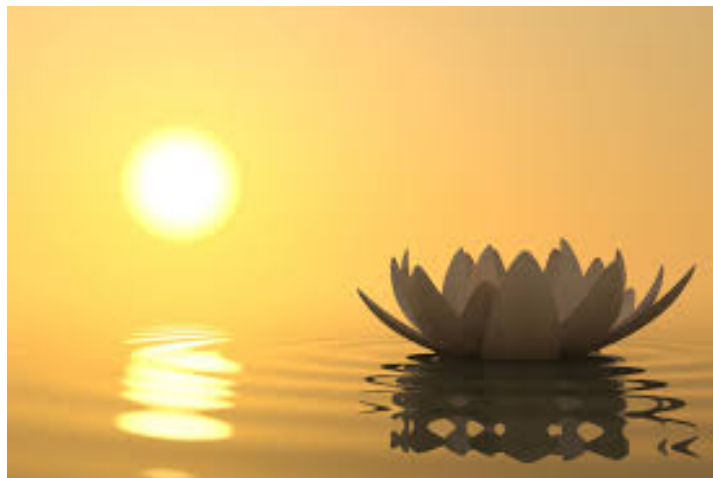


# Zen Zone

Day Lounge, W.A. Murphy Student Centre

10AM - 2PM



Join us for a morning in the **Zen Zone**

**Location:** Day Lounge, W.A. Student Murphy Centre

**Time:** 10AM - 2PM

## **What is it?**

The Zen Zone will help you wind down and relax. We will be providing relaxing activities such as knitting, colouring and listening to calming music.

**[www.upei.ca/healthandfitnessweek](http://www.upei.ca/healthandfitnessweek)**



