

CREATE YOUR OWN ZEN ZONE!

TIPS TO CREATE YOUR OWN ZEN ZONE



Bring the outdoors in!



Organize your desk and drawers!



Hang your favourite quotes or inspirational messages!

PRIZES!

1ST PLACE: ONE hour acupressure session

2ND PLACE: 30 minute acupressure session

Create your own Zen Zone in your office, dorm or at home! Use the hashtag #upeizenzone or e-mail elbrown@upei.ca. Winners picked at the end of the week.

Reminders!!

UPEI is a scent free zone.

If you're using #upeizenzone, please ensure that your privacy settings are open to public.