



**KEEP
CALM
and
BE
WELL**

To enter the drawing for a \$100 gift card to The Studio, Salon and Day Spa, fill the eight spaces below with events you attended that fostered mindfulness or improved emotional wellness. For ideas, please see the event list located on our CommonHealth website.

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Send completed card to MSC 7009 or
commonhealth@jmu.edu by Dec 7th