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Stress Management During COVID-19

(Two Part Series)

Part 1: Mindfulness and Part 2: Meditation

**Please join Student Involvement and
Dr. Latinia Shell for this two part series on:**

**Oct. 28, 2020 & Nov. 4, 2020
12 p.m. - 1 p.m.**

Zoom Meeting Link

<https://hacc.zoom.us/j/97960888833> Dial In: US: +1 301 715 8592
Webinar ID: 979 6088 8833

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