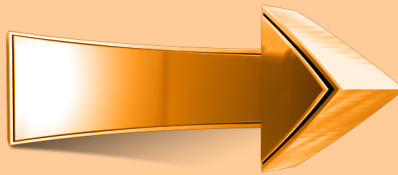


**Department of Counseling Welcome Table**

# Stress Management

**Exercise helps relieve tension: a natural  
body relax.**

**way to help your**



**Monday May 9th– Thursday May 12th  
9:00AM-5:00PM  
3rd Fl. North Hall**

For more  
information,  
contact the Peer  
Counseling  
Center at  
peercounseling@  
jjay.cuny.edu



**JOHN JAY COLLEGE**  
THE CITY UNIVERSITY OF NEW YORK  
**OF CRIMINAL JUSTICE**

Department of Counseling  
**Counseling Services**

*@ John Jay*