

UMB STUDENT AFFAIRS

STRESSBUSTERS

SIP AND PAINT

Monday, Nov. 16 | 6 - 8 p.m.

Be a kid again with the National Alliance on Mental Illness (NAMI) at UMB! Join us for a few virtual relaxing hours of nostalgia before diving into upcoming exam study!

[Register Online!](#)

To learn more about Stressbusters, go to www.umaryland.edu/stressbusters

Stressbusters is a collaboration between the departments of ESDS, the Student Counseling Center, URecFit, and URecFit's the Wellness Hub in UMB's Division of Student Affairs; the National Alliance on Mental Illness (NAMI) at UMB, and the University Student Government Association (USGA).

