



Free CHAIR MASSAGE

JAN 16 - MAR 16

**TUESDAYS, THURSDAYS & FRIDAYS
5PM - 8PM // SRC SOUTH 2ND FLOOR**

- First come, first served • For UCR students and SRC members
- Maximum is one session per day for a total of three sessions per month.
- Sign up on the spot & wait for you name to be called.

#UCRFitHappens

be well STUDENT HEALTH AND WELLNESS SERVICES

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BE LESS STRESSED

BE WELL