



| Student Health  
& Wellness

# DOMESTIC VIOLENCE AWARENESS WORKSHOP & GROUNDING YOGA

*Together, we can end the abuse.*

**Monday, October 27**

**WORKSHOP**

**3-4 PM**

MAC 106 or Zoom

**YOGA**

**4:15-5 PM**

Between Art Building & LR

**The Arizona Coalition to End Sexual and Domestic Violence** will lead a workshop on understanding domestic violence, recognizing warning signs, and supporting survivors.

Afterward, unwind with a beginner-friendly yoga session to promote grounding, safety, and inner balance.

Questions? Email  
[health.wellness@azwestern.edu](mailto:health.wellness@azwestern.edu)

**REGISTER NOW**

