





















Free **five-minute backrubs** and wellness info at health promotion events

**Volunteers** = undergrad and grad students

**Training**: Saturday, September 16<sup>th</sup>, 2017 11 a.m. – 2 p.m., Ursa's Fireside **Time commitment**: 3 one-hour shifts/semester

Apply via wugo.wustl.edu

Download the **Stressbusters Wellness App** for event info, 24/7 relaxation, and more

Help WashU rediscover relaxation