

# **WORK IT OUT WEDNESDAYS**

**A 20 minute session focused on finding  
interactive ways to work through your  
quarantine anxiety/stress through  
movement, journaling, and live Q&A**

**Join Zoom Meeting**

**<https://zoom.us/j/603142234>**

**Meeting ID: 603 142 234**

**EVERY WEDNESDAY  
AT 5:00PM**

UNIVERSITY  
OF MIAMI  
COUNSELING CENTER

