

Indiana State University
Student Counseling Center

MEETING EVERY WEDNESDAY
5PM–6PM
AT THE SCHOOL OF MUSIC, PA 161
STARTING SEPTEMBER 7

A supportive group for
music majors
designed to cultivate
Relaxation, Mindfulness,
and Stress Reduction



FOR MORE INFORMATION, PLEASE
CONTACT THE SCC
812.237.3939
OR EMAIL
MELISSA.GRINSLADE@INDSTATE.ED

MUSICMAJORS