

The Office of Student Affairs Presents

Fall into Wellness

Join us for on-going reoccurring weekly wellness workshops, sessions, and activities

TAKING CARE TUESDAYS WITH OSA

Every Tuesday 2-3 p.m.

312 O'Brian Hall



THER-A-PUPS

Every Wednesday
11 a.m. - 1 p.m.

1st Floor O'Brian Hall Lobby



YOGA WITH ASHLEY ABBOTT

Every Thursday
2-2:30 p.m. and/or
2:30-3 p.m.

6th Floor Wellness Room
(640 O'Brian Hall)

*30 min. meditation from
2-2:30 p.m. on select
dates 9/26, 10/31, & 11/21



For updates, more details, and other
Fall into Wellness events,
please visit our website 



MENTAL HEALTH & WELLNESS WITH UB COUNSELING

505 O'Brian Hall

8/28, 9/4, 9/9, 9/17,
10/30, 11/13, & 11/20

*all sessions are 2-2:45 p.m. except
9/9 & 10/30 which are 3-3:45 p.m.



ACCESS LEX - FREE FINANCIAL COACHING SESSIONS

Select Thursdays
12 p.m. - 3 p.m.



10/3, 10/17, 10/31,
11/7 & 11/21



Please email or call OSA
law-studentlife@buffalo.edu
716-645-6223