

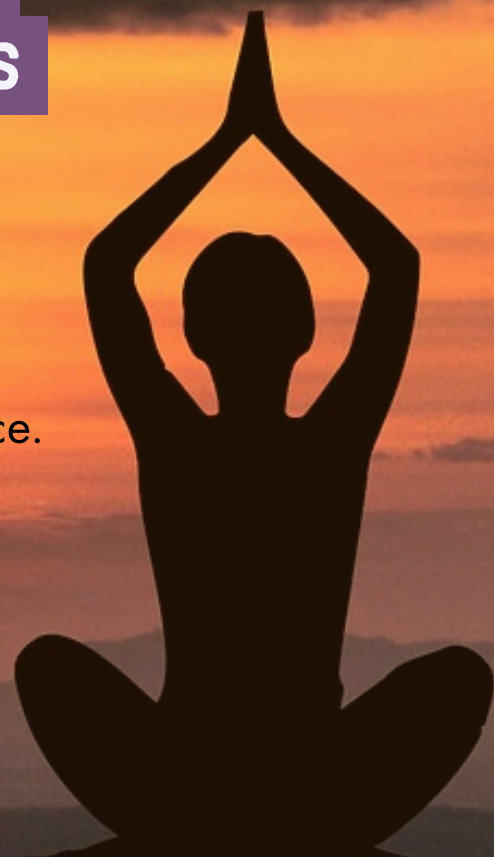
# MID-WEEK STRETCH WITH JESSICA



**WEDNESDAY, DEC. 9 2 P.M. VIA ZOOM**

**JOIN US FOR A FREE 45-MINUTE  
VIRTUAL YOGA SESSION FOR SBS  
GRAD STUDENTS WITH JESSICA  
MCLAUGHLIN.**

This session is appropriate for all fitness levels and even for people with no yoga experience. Please have a mat and a moderately quiet space.



**VISIT SBS. [MNSU.EDU/YOGA-WITH-JESS](https://mnsu.edu/yoga-with-jess) FOR DETAILS AND LOGIN INSTRUCTIONS**



**MINNESOTA STATE UNIVERSITY, MANKATO**  
COLLEGE OF SOCIAL & BEHAVIORAL SCIENCES



**MINNESOTA STATE**

Minnesota State University, Mankato,  
A member of Minnesota State

A member of the Minnesota State system and an Affirmative Action/Equal Opportunity University. This document is available in alternative format to individuals with disabilities by calling the College of Social and Behavioral Sciences at 507-389-1255 (V), 800-627-3529 or 711 (MRS/TTY).