

#YOUMATTERECU

THERE IS HOPE. THERE IS HELP.

Virtual Chair Yoga

All Welcome!

March 24 at 10:00 AM

March 26 at 5:30 PM

<https://go.ecu.edu/grad-school-workshops>

Sessions are 45 minutes

Sessions are through Teams

ADA Accommodation:

ADA-Coordinator@ecu.edu 252-737-1018



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