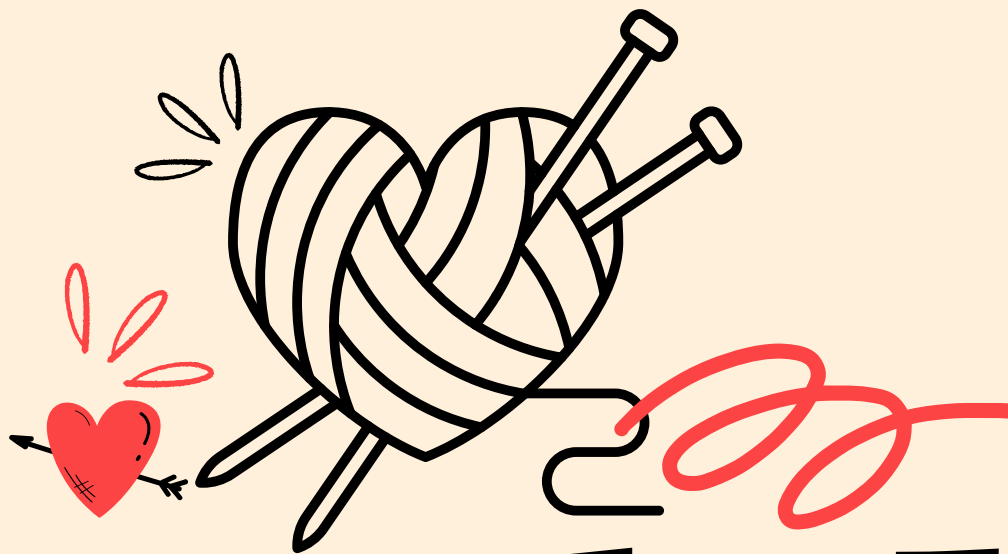




SOUTHWEST TEXAS COLLEGE

Wellness Wednesday



CROCHET

FOR MINDFULNESS

Join Mrs. Haynes and the VIDA Team for a mindfulness activity. Crochet is not only a craft that produces beautiful handmade items, but it can also be a powerful tool for mindfulness and relaxation. The repetitive motion of crocheting can be incredibly calming, allowing the mind to focus on the present moment and let go of any distractions or worries.

**Student
Success Center**

September 18, 2024

12:00 pm- 1:00 pm

**Snacks and
Refreshments will be
provided**

FMI or Accommodations

Teresa Crow | (830)591-7347 | tmcrow@swtjc.edu



Resource Center