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HSLIC News - LibGuides at University of New Mexico

Wellness Room & Wellness Techniques and Resources Speaker!

by Kelleen Maluski on March 10th, 2022 | [0 Comments](#)



We know that wellness is crucial to academic success. That's why we're excited to announce that **Room 325** in the Health Sciences Library has been set up to be a space for you to take a break, meditate, pray, decompress, remove yourself from stimulants, and more. You can find more information on this space and the resources available in it on our [Wellness Resources Guide](#).





We are excited to be launching this space with guest speaker Jessica Lin. Join us Monday, March 21st from 12-1:30pm (if you can't make the entire session that's okay). Jessica will be discussing wellness techniques and resources from a body inclusive, decolonization, and not just physical space. This event is taking place via Zoom and registration is required, you can find all information and register [here](#).

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