

Moving forward, together



**A supportive virtual space
from the Counseling Center to:**

- **Connect with other students**
- **Learn to manage stress, improve self-care and get moving**

Moderated by Counseling Center
therapist, Dr. David Singer
Email: David.Singer@rutgers.edu

Mondays 5PM-6PM via Zoom

<https://bit.ly/2X0A1ho>

