

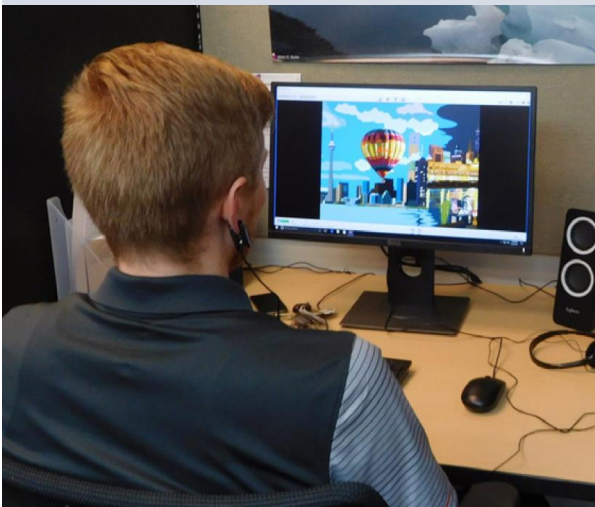
The OSU SMART Lab is available to faculty & staff

Enjoy time for relaxation.

Breathe to reduce stress.

*See heart rhythms in
real-time with biofeedback.*

*“The sessions helped to facilitate
taking a moment in the middle of
the day to breathe, open, relax &
de-stress using the various
techniques that were shared.
Thank you!”*



SAMPLER SESSIONS FOR FACULTY & STAFF

Fridays between 11 AM and 1 PM

Additional times will be available
on some Tuesdays

Questions? Contact Health Coach Amanda at
Amanda.Fox@osumc.edu

To register for a SMART Lab Sampler Session, go to:

<https://linktohealth.osu.edu>

Look for “Educational Program” with title “Give Biofeedback Technology a Try!”