

*"Perhaps the heaviest things we lift and carry are not our weights but our feels."*

# MOOD GYM

## WHEN

October 18th  
2:30 pm - 3:30 pm

November 15th  
2:30 pm - 3:30 pm

## WHERE

University Counseling Center

## CAPS

2nd Floor of Student Health Services

## FACILIATORS:

Cassandra Moon, Psy.D.  
Chassitty Fiani, Ph.D.

631-632-6720



Come join in this "fitness" experience designed to help you strengthen your "muscles" for managing stress and overwhelming emotion

NO  
REGISTRATION  
REQUIRED

NO PRIOR  
EXPERIENCE  
NECESSARY

YOU MAY  
ATTEND ONE OR  
BOTH SESSIONS

INVOLVES  
EMOTIONAL /  
COGNITIVE  
EXERCISES  
RATHER THAN  
PHYSICAL

Exercises to improve your ability to express emotions effectively will be woven throughout this experience



Stony Brook  
University