

# WINTER PARK CAMPUS STUDENT GOVERNMENT ASSOCIATION

2016-2017



**SGA  
PRESIDENT  
Leslie Telisma**





# WEEK OF WELCOME



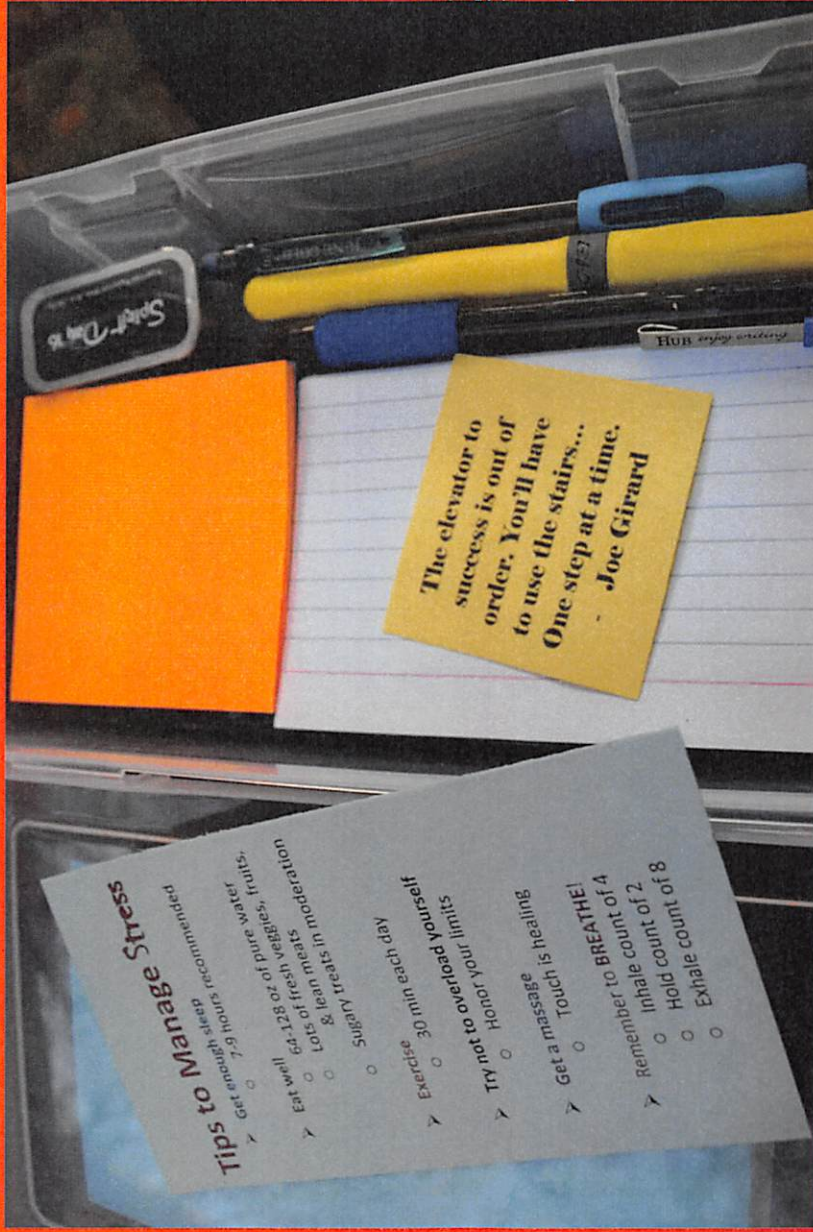
# SPIRIT DAY



# VETERANS DAY



# MULTICULTURAL THANKSGIVING



**Tips to Manage Stress**

- Get enough sleep
- Get enough water
- Eat well
  - Eat 1-1.5g of pure water
  - Lots of fresh veggies & lean meats
  - Supplement
- Exercise 30 min a day
- Try not to overeat
- Honor your limits
- Get a massage
  - Touch is healing
- Remember to **BREATHE!**
  - Inhale count of 4
  - Hold count of 2
  - Exhale count of 8

# STRESS FREE FINALS

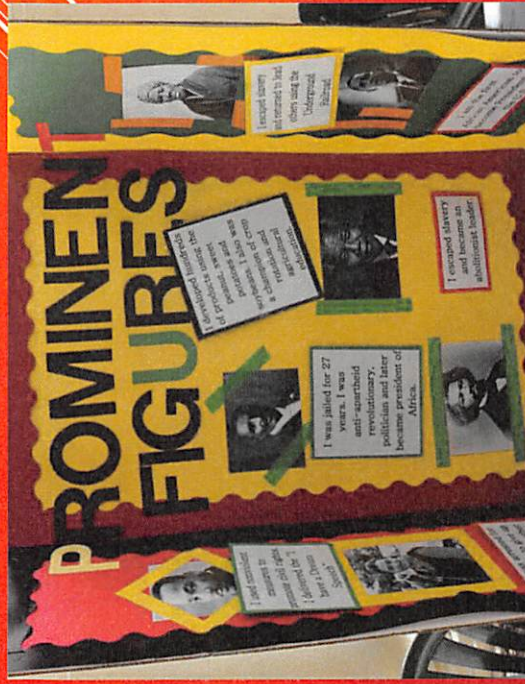
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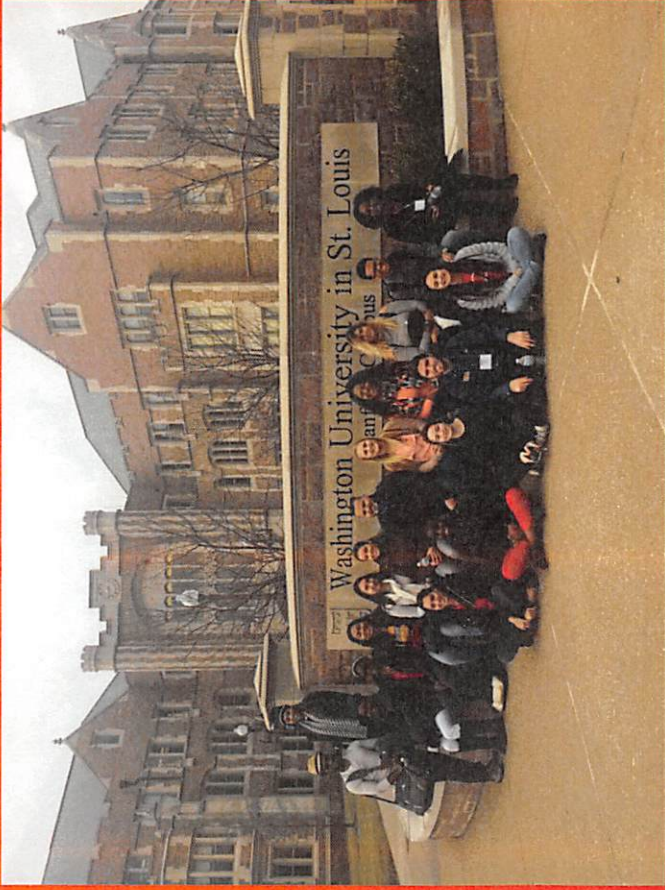






# BLACK HISTORY MONTH





# IMPACT CONFERENCE



# EMERGING LEADERS

**THANK YOU  
FOR YOUR SUPPORT &  
THIS OPPORTUNITY!**