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### Notifications

Your NASPSPA membership is current and not up for renewal until [December 31st, 2022](#). You can download your receipt [here](#). You can access the new NASPSPA members forum [here](#).

### Abstract/symposium decisions

- [ABSTRACT #433: TEN SESSIONS OF VINYASA YOGA IMPROVES DEPRESSION AND STRESS IN COLLEGE FEMALES WITH ELEVATED MENTAL HEALTH SYMPTOMS](#)



### FIRST NOTICE

Dear Danielle Lang, Robyn Feiss, Shelby Osburn, Cody Haun, Danielle Wadsworth`,  
Matthew Miller, Melissa Pangelinan:

Congratulations! The abstract identified above that was submitted for the 2022 NASPSPA conference has been accepted. More details on the format of your presentation (verbal or poster) will be made available shortly, along with details on the ways to format and submit your work for the conference and impending deadlines leading up to the conference.

As a reminder:

- Early bird registration ends March 15th. Make sure you register to take advantage of the early bird rates. [www.naspspa.com/2022-annual-conference](http://www.naspspa.com/2022-annual-conference)
- Book your hotel now, if you haven't already. There are only a few rooms left at the conference rate. [www.naspspa.com/2022-annual-conference](http://www.naspspa.com/2022-annual-conference)
- You may want to go ahead and book your flight to Kona as soon as you can.
- As you prepare for your travels, please visit the Hawaii Tourism Authority website to ensure you are properly prepared for traveling to Hawaii related to pandemic restrictions. [www.hawaiiitourismauthority.org](http://www.hawaiiitourismauthority.org)

Don't forget to check out our [website](#) and follow us on [Facebook](#) and [Twitter](#) for the most up-to-date information.

Sincerely,

Mary Rudisill, Ph.D.  
Past-President, NASPSPA

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