

STRESS LESS WEEK

DECEMBER 2-5

MONDAY, DEC. 2

Relaxation Room

9 a.m. - 4 p.m.
@ The Hub - Johnston 131

Yoga On the Lawn

Come-and-Go from
Noon - 1 p.m.
@ Amphitheater Area
Ballroom is back up for weather.

Movie Night & Cookie Decorating

7 p.m. @ the Library
*Relax with holiday movies and
decorate Christmas cookies!*
Hosted by United Ministries

TUESDAY, DEC. 3

Relaxation Room

9 a.m. - 4 p.m.
@ The Hub - Johnston 131

ZUMBA On the Lawn

Come-and-Go from
11:30 a.m. - 1 p.m.
@ Amphitheater Area
*Dance the stress away with short
Zumba sessions. Ballroom is back
up for weather.*

Winter Dance

8 p.m. @ Student Center Ballroom

WEDNESDAY, DEC. 4

Relaxation Room

9 a.m. - 4 p.m.
@ The Hub - Johnston 131

Paws for a Break with a Therapy Dog

11:30 a.m. - 12:30 p.m.
@ Student Center

Biscuits & Books

9 p.m. - 11 p.m.
@ Cafeteria
*Enjoy a late-night breakfast while
you study for finals.*

THURSDAY, DEC. 5

Relaxation Room

9 a.m. - 4 p.m.
@ The Hub - Johnston 131

Make Your Own Stress Slime

11:30 a.m. - 1 p.m.
@ Cafeteria

GOOD LUCK ON FINALS!

The Relaxation Room features calming music, soothing scents, and relaxation activities including adult coloring sheets, Play-Doh and rock painting.



Laugh More.
STRESS LESS.