

STRESSLESS

Study Breaks

Coloring, Origami, Sudoku, Jigsaw Puzzles, Chess, Scrabble

Friday, May 4 - Friday, May 18

Library Great Hall

.....

Desk Yoga

Led by Danielle Pagliuca (Office of Academics)

Monday, May 7 and Thursday, May 10

11:00 - 11:30 am

Room 204/RAIL

.....

Guided Meditation

Led by Dr. Eric Rose (CAPS)

Tuesday, May 8 and Monday, May 14

11:00 - 11:30 am

Room 204/RAIL

.....

Knitting Corner

Led by Courtney Walsh (SCW Library)

Monday, May 7 and Wednesday, May 9

10:00 am - 12:00 pm

Friday, May 11 and Tuesday, May 15

12:00 - 2:00 pm

Library Great Hall