

De-Stress Fest Spring 2019

Sunday, April 28th

SAPB Spa Night

7pm- 10pm UC MPR

Free massages& more!

Monday, April 29th

Self-Care Space

10am-4pm UC 202

Join us for refreshments and relaxation

Karaoke/Game Night

7pm- 10pm UC MPR

Free Food

Tuesday, April 30th

Self-Care Space

10am- 12pm UC 202

Join us for refreshments and relaxations

Creativity Caravan

12:30 pm- 2pm UC 202

Free food. Create awesome art and good vibes

Self-Care Space

2pm- 4pm UC 202

Join us for refreshments and relaxation

Fit for Finals

3:30 pm- 6:30pm

Sports & Recreation Center

Activities and snacks

Wellness Yoga

5:15 pm

Sports & Recreation Center

Civic Engagement Activity

7pm- 10pm UC Ballrooms

Wednesday, May 1st

Commuter Breakfast

9am- 11am UC 171A&B

Self-Care Space

11am- 4 pm UC 202

Join us for refreshments and relaxation

Color Me Calm

12:30pm-2pm Ben Shahn Galleries

Make Your Own Magic

7pm-9pm UC MPR

Tap into your intuition and learn the art of card reading

Thursday, May 2nd

Self-Care Space

10am-4pm UC 202

Join us for refreshment and relaxation

Therapy Dogs

12:30pm-2pm Caldwell Plaza

Late Night Breakfast

7pm-10pm Speert Dining Hall

Friday, May 3rd

Self-Care Space

10am-12pm UC 202

Join us for refreshments and relaxation

Friday Night at the Rec

10pm-1am

Sports & Recreation Center

Programs sponsored by: Campus

Activities Service &Leadership,

Counseling Health and Wellness,

Hospitality Services, Recreational

Services,SAPB and Campus Galleries