

De-Stress Fest Spring 2018

Tuesday, April 24

Yoga & Meditation

12:30pm-1:30pm, Library Amy Job Classroom

Friday, April 27

Outdoor Bingo

4:00pm, Matelson Plaza

Come play Bingo, get free food & win prizes!

Monday, April 30

Self-Care Space

9:30am-12:00pm, Student Center 202

Join us for free breakfast & relaxation!

Games and Art

12:30pm – 3:30pm,

Student Center Multipurpose Room

Video games, creative art projects and food!

Student Center Takeover

7:00pm-10:00pm, Student Center Arcade,

Main Street & Center Cafe

Free food, games, DJ, billiards, ping pong & giveaways!

Tuesday, May 1

Self-Care Space

9:30am-12:00pm, Student Center 202

Join us for free breakfast & relaxation!

Director's Council Snack Giveaway

11:00am-2:00pm, Zanfino Plaza & Valley Road

Free snack bags for students!

Yoga & Meditation

7:00pm-8:00pm Library Amy Job Classroom

Outdoor "Blockbuster" Movie Night

8:00pm-10:00pm, Caldwell Plaza

(Rain location: Student Center Multipurpose Room)

Popcorn and water provided

Wednesday, May 2

Self-Care Space

9:00am-11:30am, Student Center 202

Join us for free breakfast & relaxation!

Keep Calm & Color On

12:00pm-2:00pm University Galleries (Ben Shahn)

Snacks, painting & coloring.

Mini Carnival Late Night Breakfast

9:00pm-12:00am,

Wayne Dining Hall

First 100 students will get a meal voucher.

Students with a meal swipe or \$6.91 can enjoy a breakfast themed late night meal.

Thursday, May 3

Self-Care Space

9:00am-11:30am, Student Center 202

Join us for free breakfast & relaxation!

Meditation & Breathing

12:30-2:00pm, Student Center 202

Join us for meditation & breathing.

Spa and Game Night

7:00pm-10:00pm, Student Center Ballrooms

Free massages, waxing, manicures, threading, games & more!!

Friday, May 4

Self-Care Space

9:00am-11:30am, Student Center 202

Join us for free breakfast & relaxation!

Soul Call Workshop

12:00pm-2:00pm, Student Center 202

Join us for a mindful lunch & a workshop that will teach you how to use the Soul Call Cards as guidance to reach your own deep wisdom!

De-Stress Friday Night at the Rec

10:00pm-1:00am, Rec Center

Free Chair Massages, Yoga Class, Ice Cream Sundaes & other activities.

Programs sponsored by:

Student Development, Campus Activities, Service & Leadership, Counseling, Health & Wellness, Residence Life, Hospitality Services, Recreational Services, University Galleries and Campus Police.