



De-Stress Fest

Fall 2018



Sunday, December 9

Library Open 24 Hours

Starting 12pm Sunday, Dec. 9th-
4:30pm Dec. 21st

Monday, December 10

Self-Care Space

9:30am-12:00pm, UC 202
Join us for free coffee, tea &
relaxation!

Pioneers Gift Wrapping & Holiday Greetings for the NJCDC

4:00pm-6:00pm, UC 216

Hip Hop Heels & Funk

7:00pm-8:30pm,
Overlook Fitness Center

Scare the Stress Out – PHA Movie Night: Hereditary

7:30pm-10:00pm,
UC Multipurpose Room
Free movie snacks.

Tuesday, December 11

Fit for Finals Snack Station

7:00am- 9:30am,
Rec Center & Overlook Fitness Center

Self-Care Space

9:30am-12:00pm, UC 202
Join us for free coffee, tea &
relaxation!

Blood Pressure Checks & Fitness Assessments

11:30am-1:30pm, UC Main Street



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Coloring & Cocoa

12:30pm-2:00pm, University
Galleries (Ben Shahn)

Yoga Class

5:15pm – 6:15pm,
Rec Center

Karaoke Night

7:00pm-10:00pm,
UC Multipurpose Room
Free food

*Rec Center open until 12:00am

Wednesday, December 12

Commuter Breakfast

9:00am-11:00am, UC 202
Join us for free breakfast!

Late Night Breakfast

9:00pm-11:00pm,
Wayne Dining Hall
Students can use a meal swipe or
pay \$6.91 to enjoy a breakfast
themed late night meal.

Programs sponsored by:

Campus Activities, Service & Leadership, Counseling, Health & Wellness,
Residence Life, Hospitality Services, Recreational Services, Student Development,
University Galleries and The David and Lorraine Cheng Library

Thursday, December 13

Self-Care Space

9:30am-12:00pm, UC 202
Join us for free coffee, tea &
relaxation!

Civic Engagement Common Hour: Blanket & Pillow Making for Oasis

12:30pm-2:00pm, UC Multipurpose
Room

LOL in the Library

7:00pm-8:00pm, Library Auditorium
WP Student Standup Comedy Show

Spa and Game Night

7:00pm-10:00pm, Student Center
Ballrooms
Free Massages, waxing, manicures,
threading, games & more!!

Friday, December 14

Self-Care Space

9:30am-12:00pm, UC 202
Join us for free coffee, tea &
relaxation!

Mindfulness & Mysticism

12:00pm-2:00pm, Student Center 202
Join us for free mindful lunch, soul
call, tarot readings & other relaxation
activities

Friday Night at the Rec: Chair Massages

10:00pm-1:00am, Rec Center
Free food, massages, crafts & other
activities

