



# De-Stress Fest Fall 2017



## Monday, December 11

### Self-Care Space

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

Join us for free coffee, tea & relaxation!

### Yoga & Meditation Session

12:00pm – 2:00pm, Student Center Multipurpose Room

### Karaoke Night

7:00pm-10:00pm, Student Center Multipurpose Room  
Free food!

## Tuesday, December 12

### Self-Care Space

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

Join us for free coffee, tea & relaxation!

### Gift of Giving Event

12:30pm-2:00pm, Student Center Multipurpose Room  
Community Service project

### Student Center Takeover

7:00pm-10:00pm, Student Center Arcade, Main Street & Center Cafe  
Free food, games, DJ, billiards, ping pong & giveaways!

## Wednesday, December 13

### Self-Care Space

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

Join us for free coffee, tea & relaxation!



### Cocoa & Coloring

11:00am-1:00pm, University Galleries (Ben Shahn)

### Zumba & Belly Dancing Workshops

1:00pm -3:00pm, Student Center Multipurpose Room

### Late Night Breakfast

9:00pm-12:00am, Wayne Dining Hall

We will have a Photo Booth, Name Magnets & Stuff-an-emoji! First 100 students will get a meal swipe or \$6.91 can enjoy a breakfast themed late night meal.

## Thursday, December 14

### Self-Care Space

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

Join us for free coffee, tea & relaxation!

### Snack Attack Giveaway

3:00-5:00pm, Student Center 2<sup>nd</sup> Floor Bridge

### Spa and Game Night

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

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

## Friday, December 15

### Self-Care Space

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

Join us for free coffee, tea & 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!

### Snack Attack Cart

4:00pm-5:00pm, Cheng Library

### De-Stress Friday Night at the

#### Rec: Stressed = Desserts

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

Free massages, crafts & other activities



### Programs sponsored by:

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

