



STRESS FREE ZONE @ LEROY V. GOOD LIBRARY

M - F, May 15th - 19th, 2017

All events start at noon unless otherwise indicated.

Monday



Pet Therapy Dogs : Kathy O'Shea

Meet Gretta, MCC's Golden Lab and her friends.

1pm - KemetiC Yoga : Lomax R. Campbell

A culturally-specific approach to holistic health and wellness.

Tuesday



Stress Balls & Glitter Bottles : Kara Kupinski

Poi : Christian Lynch

Student performs movement as relaxation.

Wednesday



Tea Time with Liz: Healthy Habits : Liz Mazza

Get fit ideas and tea tasting with Liz.

Thursday



3D Projects Exhibition : Engineering Club

S.W.O.R.D.S: Tabletop Role Play : Angel Phinizee

Friday



Meditation ; Donna Burke (No Experience Necessary)

Guided Relaxation, Beginners welcome, mats provided.

Sponsored by:

S.W.O.R.D.S Club

Engineering Club

FYE Peer Navigators

Counseling & Veteran's Services

Economic & Workforce Development

Campus Ambassadors Organization

Health and Physical Education Department



COFFEE !!!

Monday - Wednesday,
8 AM... While supplies last