



Library Services
MONROE COMMUNITY COLLEGE

STRESS FREE ZONE



LEROY V. GOOD LIBRARY

Monday, May 16th - Friday, May 20th, 2016



MAY 16th - Noon (rm. 2-423)

- Introduction to Meditation

: Donna Burke



MAY 17th - 2pm

- Preparing for Finals

: Mark Basinski



MAY 18th - Noon

- Stress Balls & Glitter Bottles

: Kara Kupinski



MAY 19th - 3pm

- Managing Stress During Finals

: Donna Burke



MAY 20th - Noon

- Healthy Eating During Finals

: Kelley Bennett



**Featuring Certified Therapy dogs sponsored by CA Club
Tuesday May 17th @ 11:30am - 1pm*



Coloring and Mandala making throughout the week



COFFEE !!!



MAY 16th - MAY 20th 9AM... While supplies last
Sponsored by LVG Library, Counseling & Veteran Services, FYE