**Stress Free Zone**

**@ Leroy V. Good Library**

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

**Monday**

**MAY 16th - Noon (rm. 2-423)**
- Introduction to Meditation
  - Donna Burke

**Tuesday**

**MAY 17th - 2pm**
- Preparing for Finals
  - Mark Basinski

**Wednesday**

**MAY 18th - Noon**
- Stress Balls & Glitter Bottles
  - Kara Kupinski

**Thursday**

**MAY 19th - 3pm**
- Managing Stress During Finals
  - Donna Burke

**Friday**

**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 LGV Library, Counseling & Veteran Services, FYE