

Relax At The Library

December 14th-23rd 2015

The end of the semester can be stressful. Take a study break at the library!
We're offering a variety of activities in our "Stress Free Zone".



Activities Calendar-Brighton Campus

* The C.A.T. is located on the main floor of the library

Other Activities Include

Games, coloring, collage, stretching, thank you emails, and coffee while supplies last.

Monday, Dec. 14

Preparing for Finals

Donna Burke
12:00pm-1:00pm
In the C.A.T.

Exercise Challenge

Health Services
12:00pm-1:00pm
Main Floor of Library

Tuesday, Dec. 15

Test Taking

Mark Basinski
12:00pm-1:00pm
In the C.A.T.

Eating Healthy During Finals

Kelley Bennett
1:00pm-2:00pm
In the C.A.T.

Wednesday, Dec. 16

Guided Meditation

Donna Burke
12:00pm-1:00pm
In the C.A.T.

Stress Balls & Glitter Balls

Kara Kupinski
1:00pm-2:00pm
In the C.A.T.

Thursday, Dec. 17

Exercise Challenge

Health Services
12:00pm-1:00pm
Main Floor of Library

Finger Painting

Peer Mentors
2:00pm-4:00pm
In the C.A.T.

Stress Game

Kara Kupinski
3:00pm-4:00pm
Library Instruction
Room

Friday, Dec. 18

Guided Meditation

Donna Burke
1:00pm-2:00pm
In the C.A.T.

Monday, Dec. 21

Making Mandalas

Shannon Glasgow
12:00pm-1:00pm
In the C.A.T.

Coloring Book Fun

Harry Pierre-Philippe
11:00am-12:00pm
In the C.A.T.

Brought to you by:

Library Services, Peer Mentors, Counseling & Veteran Services, Health Services, Health and Physical Education, Javas, and Starbucks



Library Services

MONROE COMMUNITY COLLEGE