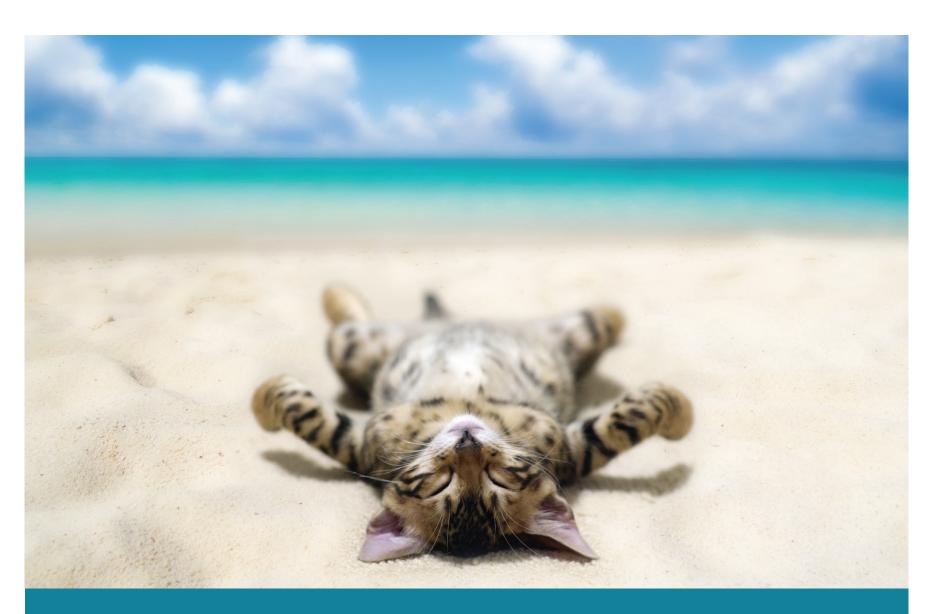
## Relax At The Library December 14th-23rd 2015

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

Wednesday, Dec. 16

Guided Meditation Donna Burke 12:00pm-1:00pm In the C.A.T. Stress Balls & Glitter Balls Kara Kupinksi 1:00pm-2:00pm In the C.A.T.

Friday, Dec. 18
Guided Meditation
Donna Burke
1:00pm-2:00pm
In the C.A.T.

Tuesday, Dec. 15

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

Thursday, Dec. 17
Exercise Challenge
Health Services

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

Monday, Dec. 21 Making Mandalas Shannon Glasgow 12:00pm-1:00pm In the C.A.T. Eating Healthy During Finals

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

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

Stress Game
Kara Kupinksi
3:00pm-4:00pm
Library Instruction
Room

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

