

❄️ Stress Free Zone 2019 ❄️

Monday, December 2nd

- Self-Care Bags 9-11am ECC Lobby
- Vision Boards 11am-1pm Weygand 1048
- CRAFTernoon 1-3pm Weygand 1048
 - Zen gardens, greeting cards, and ornaments



Thursday, December 5th

- Therapy Dog 11-12pm Weygand 1048
- Essential Oils 1-2pm Weygand 1048
- Friendship Bracelets 3-4pm Weygand 1048



Tuesday, December 3rd

- Positive Coloring 1-2pm Weygand 1048
- Paint Night 3-5pm Weygand 1048
- Therapy Dog 5:30-6:30pm Weygand 1048



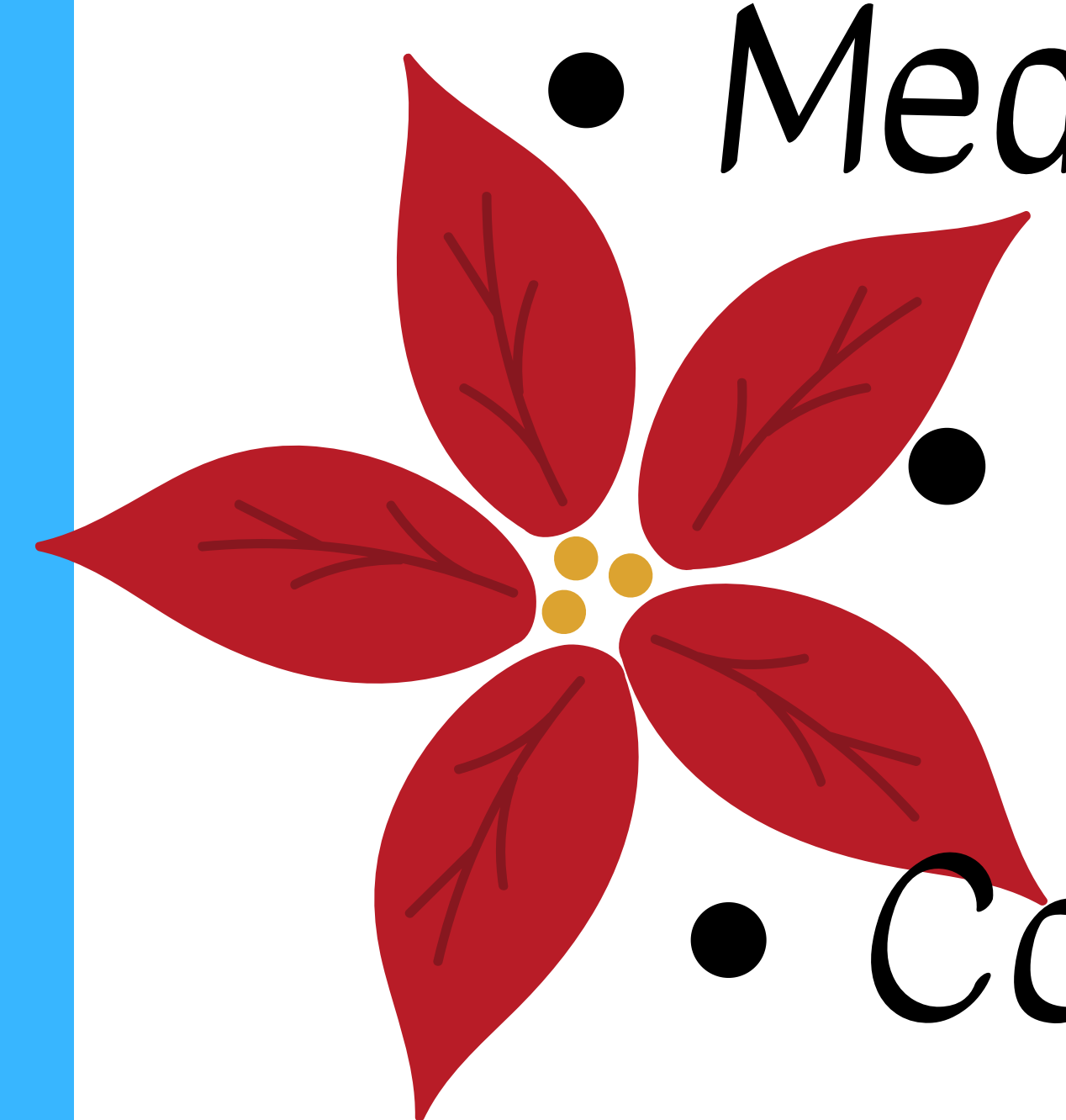
Friday, December 6th

- Calming Bottles 10-11am Weygand 1048
- Therapy Dog 12-1pm Weygand 1048
- Indoor Snowball Fight 2-4pm Weygand 1048



Wednesday, December 4th

- Meditation and Tea 10-11am Weygand 1048
- Therapy Dog 1-2pm Weygand 1048
- Coloring For Calm 3-4pm Weygand 1048



For more info follow Outreach Education



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Check out the BSU Peer Educators Involvement Network for more information