



TWO DAYS. ONE GOAL. STRESS LESS.

Join the us in the
Multicultural Center on
Monday 10/12 &
Tuesday 10/13

Stop by anytime between 9am and 3pm to
enjoy a relaxing study space and activities to
help you de-stress as you start your week!

Scheduled Activities:

10/12 & 10/13:

9am to 3pm (While Supplies Last)

- Make your own scented bag
- Coloring pages
- Puzzles to complete

10/13 ONLY:

12pm to 1pm

- Sound Bath (Meditation)

1:30pm-3:00pm

- Therapy Dogs Visit

Available Supplies:

- Scantrons
- 3 x 5 Cards
- Highlighters
- Blue Books
- Snacks

No need to pre-register
come in as you need!

To request disability related accommodations, please
contact Equity Center at equitycenter@mtsac.edu at
least 5 business days in advance of the event.

