

DE-STRESS FEST 2019

W E D N E S D A Y
MAY 29th

9:00am - 1:00pm
BLDG. 9C - Stage & Patio

- Discover ways to decrease your stress and finish the semester strong!
- Prepare for finals with help from on-campus and off-campus resources.
- Attend 20-minute workshops to learn about creating focused, invigorating, and calming energies.
- Enjoy stress-relieving activities.

Mindfulness & Meditation

Learn fundamental meditation, mindfulness, and breathwork that you can practice at the start or end of your day, and almost anytime in between.

Walk away with tools that will help you cope with everyday pressures and the stress of school.

10:45am & 11:15am

**FREE Yogurtland
with Participation!**
(while supplies last)



WORKSHOPS

**BLDG. 9B
RAGAN ROOM**

Essential Oil 101

Learn about essential oil properties, benefits, and when and how to responsibly use them.

Participants will have the opportunity to blend an essential oil item to take home and enjoy.

9:15am, 9:45am & 10:15am