

# LESS-STRESS DAY

Thursday, November 15

Wear something Blue or Green or something that represents your favorite **Super Hero Character!**

**FEATURES: 10:30am – 2:30pm**

## BELL HALL

- ✓ Counseling & Testing Center Open House
- ✓ Relaxation/Meditation Activities @10:30am – 12:30pm
- ✓ Free Massage @1:00pm – 2:30pm
- ✓ Art Therapy/de-stress activities
- ✓ Test Your Mood (free & anonymous)
- ✓ Free food & giveaways

## STUDENT CENTER

- ✓ Therapy Dogs @ 10:30am -2:30pm (Leadership lab)
- ✓ Art Therapy/ de-stress activities
- ✓ Test Your Mood (free & anonymous)
- ✓ Relaxation Exercise Routine @2:10pm