

Finals Stretch Calendar of Events

4/29: RADICAL SELF CARE WORKSHOP

4 - 5 p.m., SHS Auditorium

Learn how to take care of yourself by prioritizing your own wellbeing and setting boundaries with people and obligations that drain you.

5/1: WELLNESS WEDNESDAY TABLE THEME: STUDY STRATEGIES

11 a.m. - 1 p.m., Morris Library

Join the Wellness and Health Promotion Services staff to learn about study strategies as you prepare for finals week.

5/1: HEROES WORKSHOP - FAFSA APPLICATIONS

3:30 - 4:30 p.m., HEROES Headquarters, Student Center Basement Level

5/2: SNACK WITH STUDENT HEALTH SERVICES

11 a.m. - 1 p.m., Morris Library

Join the Wellness and Health Promotion Services staff for grab-n-go snacks and learn about resources at Student Health Services.

5/3: GARDEN CRAFT-FLOWER POT PAINTING

1-2 p.m., Wellness Covid Memorial Donor Garden

Take a break in the garden to create a fun, DIY flower pot for your spring plants.

5/6: CALMING CRAFT

11 a.m. - 1 p.m., Student Center

Take a break in the Dawg Lounge with the Wellness and Health Promotion Services staff to create a DIY nature satchel craft .

5/7: THE DAWG LOUNGE DIY STRESS BALL

10 a.m. - 12 p.m., The Dawg Lounge

Check out the coping tools, massage chairs, art space, and create a DIY stress ball in the Dawg Lounge. Our favorite golden doodle, Rex, will be ready for pets all day from 8 a.m. - 4:30 p.m.

5/8: WELLNESS WEDNESDAY TABLE THEME: RESILIENCE

11 a.m. - 1 p.m., Morris Library

Join the Wellness and Health Promotion Services staff to learn about resilience and celebrate all of your accomplishments this semester.

You can visit Rex on Tuesdays and Jethro on Thursdays in the Dawg Lounge until they take their break starting May 9.



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