**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.

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