# Finals Stretch Calendar of Events

## MONDAY, DECEMBER 4
Study Strategies Workshop  
SHS Auditorium  
3 p.m.

## TUESDAY, DECEMBER 5
Downward Dog Yoga  
Dawg Lounge  
4:30-5:30 p.m.

## WEDNESDAY, DECEMBER 6
Wellness Wednesday Tabling:  
Physical health, healthy practices, and vaccines  
Trueblood  
11-1 p.m.

## THURSDAY, DECEMBER 7
Calming Craft-DIY Snowflakes  
Dawg Lounge  
4:30-5:30 p.m.

## FRIDAY, DECEMBER 8
Safe Decision-Making Table  
Morris Library  
11-1 p.m.

## MONDAY, DECEMBER 11
Dawg Lounge Open House  
Enjoy coping tools, DIY Stress Balls in Dawg Lounge (No dog present)  
10-2 p.m.

## TUESDAY, DECEMBER 12
HEROES Workshop: Winter Resources  
HEROES Headquarters  
4:30-5:30 p.m.

## WEDNESDAY, DECEMBER 13
Wellness Wednesday tabling: Coping Strategies/Study Strategies  
Student Center South  
11-1 p.m.

## THURSDAY, DECEMBER 14
HEROES Meditation: Embracing Endings  
HEROES Headquarters  
4:30-5:30 p.m.

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You can visit Rex on Tuesdays and Jethro on Thursdays in the Dawg Lounge until they take their break starting December 19.