

Stress

DOWN

**DON'T STRESS
DO YOUR BEST
FORGET THE REST**

MONDAY, APRIL 28

Stress Down at the Library
2nd Floor Buena Vista Building

1:30 - 2:30 pm
Nutrition Tips
Aroma Therapy

5:00 - 6:00 pm
Milk and Cookies
Nutrition Tips
Aroma Therapy
Light Music
Card Games
Stress Relieving Tips

TUESDAY APRIL 29

Soccer Accuracy Challenge
Bill Miller Plaza
11 am - 2 pm

WEDNESDAY, APRIL 30

Stress Down at Frio Commons
Frio Street Commons
11 am - 1 pm
Mandala Coloring
Brain Massages
Board Games
Fresh Fruit, Snacks, Bottled Water
10 minute massage
Music
Membership Appreciation Day

Days

DOWNTOWN

THURSDAY, MAY 1

Stress Down at Frio Commons
Frio Street Commons
8:30 - 10:45 am
Nutrition Tips
Aroma Therapy
Music
Card Games

UCinema Brown Bag Matinee

Frio Street Multi-Purpose Room 1.402
12 pm
Free popcorn, water and soda

**FREE FOOD & GIVEAWAYS
AT ALL EVENTS!**

In collaboration with:
Tomas Rivera Center / University Center / Student Activities / Campus Recreation / Career Services
Aramark / Academic Advising / Student Health Services / Library / Student Government Association