Stress Down Days

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

**THURSDAY, MAY 1**
Stress Down at Frio Commons
Frio Street Commons
8:30 - 10:45 am
Nutrition Tips
Aroma Therapy
Music
Card Games

UClntema Brown Bag Matinee
Frio Street Multi-Purpose Room 1.402
12 pm
Free popcorn, water and soda

FREE FOOD & GIVEAWAYS AT ALL EVENTS!