

Stress

DOWN

DON'T STRESS
DO YOUR BEST
FORGET THE REST

Days

MONDAY, APRIL 28

Biofeedback

Recreation Wellness Ctr 1.806 Classroom
12 - 1 pm

UTSA Listens

UC Rowdy Lawn
1 - 2 pm

TUESDAY, APRIL 29

Art Therapy

Recreation Wellness Ctr 1.806 Classroom
12 - 1 pm

Stress Down Day

UC Ski Lodge
3 - 6 pm
Therapy Dogs · Brain Massages · Button
Making · Funky Pencils · Chair Massages
Aroma Therapy · Fresh Fruit · Snacks
Bottled Water · Chair Yoga · Stress Balls
UTSA Listens · Biofeedback · Mandala
Coloring

WEDNESDAY, APRIL 30

UTSA Listens

UC Rowdy Lawn
11 am - 12 pm

Final's Stretch

Recreation Wellness Ctr 1.806 Classroom
12 - 1 pm

Stress Down with Campus Recreation

Recreation Wellness Center
3 - 6 pm
Fresh Fruit · Snacks · Bottle Water · Physical
Challenge · Massage Therapist · Smoothie
Station · Stress Balls · Stress Trivia

THURSDAY, MAY 1

UTSA Listens

UC Rowdy Lawn
10 am - 11 am

Relaxation Exercises

Recreation Wellness Ctr 1.806 Classroom
12 - 1 pm

FRIDAY, MAY 2

UCinema Night

UC Retama
9 pm

MAY 5, 6 and 7

UC Study Breaks

11:30 am - 1:30 pm

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

In collaboration with:

Tomás Rivera Center, Student Activities, Campus Recreation,
Counseling Services, Aramark, Student Health Services
Library, and University Center.