

FREE CHAIR MASSAGES

.Tuesdays, 3:30-5:30 p.m.,
Grasselli Library Learning
Commons

.Wednesdays, 8-10 p.m.,
LSC Atrium

Beat the Winter Blues

RELAXATION ROOM

Grasselli Library
Learning
Commons

includes massage
recliner, relaxation
audio, biofeedback
programs, psycho-
education books and
handouts, yoga mats
and meditation rugs

THERAPY DOGS

Lombardo Student
Center Atrium,
11 a.m.-1 p.m.

- . February 22
- . March 1
- . March 15
- . March 22
- . March 29
- . April 12

LET'S TALK

Drop in counseling with the
University Counseling Center:
Center for Student Diversity
and Inclusion

Tuesdays,
2:30-4:30 p.m.

WELLNESS IN THE STACKS

Grasselli Library Learning Commons,
8-10 p.m. on the following
Thursdays:

- . February 23
- . March 16
- . March 30
- . April 20

MEDITATION & MOVEMENT

Weekly yoga sessions with
meditation:

Rodman A

Thursdays, 7-8 p.m.

