FREE CHAIR Beat the MASSAGES •Tuesdays, 3:30-5:30 p.m., Winter Blues **Grasselli Library Learning** Commons •Wednesdays, 8-10 p.m., **LSC** Atrium THERAPY RELAXATION ROOM DOGS **Grasselli Library Lombardo Student** LET'S TALK **Center Atrium**, Learning 11 a.m.-1 p.m. Commons Drop in counseling with the **University Counseling Center:** • February 22 includes massage . March 1 recliner, relaxation **Center for Student Diversity** • March 15 audio, biofeedback and Inclusion . March 22 programs, psychoeducation books and • March 29 Tuesdays, handouts, yoga mats . April 12 2:30-4:30 p.m.

and meditation rugs

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.

Posting for General Bulletin Boards	Posting for Residence Life
Removal Date	Removal Date
MAY 2 0 2017	MAY 2 0 2017
John Carroll University	John Carroli University
Approved by:	Approved by:
The Office of Student Engagement	The Office of Student Engagement

