



# STRESS LESS EVENTS

FRIDAY  
**MAY**  
11

**ACUPUNCTURE** | 10 a.m. - noon | Library

**RELEASE YOUR INNER ANIMAL WITH BALLOONS**  
(Doni Casula) | 11:30 - 12:30 a.m. | Library

**PIZZA DELIVERY** | 11:30 a.m. - gone | Library

**WALK AND ROLL WITH DR. O AND SPMT CLUB**  
noon - 1 p.m. | Library

**SGA STAYCATION** - Come relax in paradise  
noon - 3 p.m. | Student Center | Island music, hula hooping, limbo and more

**CHAIR MASSAGES** (HLTH/NURS 135 Nursing Class) | 1:30 - 2:30 p.m. | Library

**SNACKS, COLORING, ORIGAMI, AND MORE** | All Day | Library

MONDAY  
**MAY**  
14

**RELEASE YOUR INNER ANIMAL WITH BALLOONS**  
(Doni Casula) | 10 - 11 a.m. | Library

**SLUSH PUPPIES** (slushie machine and visit the Stress Less dog bowl)  
11 a.m. - 1 p.m. | Library

**PIZZA DELIVERY** | 11:30 a.m. - gone | Library

**LATE-NIGHT STUDY HALL**  
6 p.m. - midnight | Student Center | Relaxing music, coffee and tea, hot cocoa

**SNACKS, COLORING, ORIGAMI,  
AND MAKING TISSUE FLOWERS** | All Day | Library

TUESDAY  
**MAY**  
15

**MYSTERY CRAFT** | 11 a.m. - 1 p.m. | Library

**PIZZA DELIVERY** | 11:30 a.m. - gone | Library

**CHARTING YOUR COURSE – STUDY ABROAD FAIR**  
Noon - 2 p.m. – Room 228

**LATE-NIGHT STUDY HALL** | 6 - 11 p.m. | Student Center  
Relaxing music, coffee and tea, hot cocoa

**MOONLIGHT BREAKFAST BUFFET** | 9 p.m. – gone | Student Center  
*Sponsored by the Residence Hall Association*

**SNACKS, COLORING, ORIGAMI,  
AND MAKING TISSUE FLOWERS** | All Day | Library

WEDNESDAY  
**MAY**  
16

**YOGA YOUR STRESS AWAY** | 11 - 1 p.m. | Student Center

**MYSTERY CRAFT** | 11 a.m. - 1 p.m. | Library

**PIZZA DELIVERY** | 11:30 a.m. - gone | Library

**LATE-NIGHT STUDY HALL** | 6 - 11 p.m. | Student Center  
Relaxing music, coffee & tea, hot cocoa

**SNACKS, COLORING, ORIGAMI,  
AND MAKING TISSUE FLOWERS** | All Day | Library