

DESTRESS EXPRESS

Thursday April 28th • Student Union

9:30am - 2:30pm

- Campus Train Rides. All Aboard at ACT

10:00am - 2:00pm

- Chair Messages: SU 110

10:00am - 5:00pm

- Napping Room: SU 113

12:00pm

- Free Zumba: Outside the Union

12:00pm - 1:00pm

- Bingo: Purple Lobby

12:20pm - 1:00pm

- "Managing Anxiety" by Dr. Peter Thomas
Free Lunch! - first come, first serve: SU 207

11:00am - 1:00pm

- Herbal Tea Bar and Organic Snacks provided by TREES: SU Lobby
- Counseling Center Table: SU Lobby
- Board Games: SU Lobby
- Fit & Rec Table: SU Lobby
- Craft Room provided by Helping Hands: SU 111
- Scentsy: SU Lobby
- Health Studies Stress Management Table: SU Lobby

***** All Day**

- Personal Prayer & Meditation: Little Chapel



For more information contact
the Student Union Office at 940-898-3641.

