DE-STRESS-CEMBER

RECOVER & RE-ENERGIZE

12/2

MINDFULNESS MONDAY
10AM-11AM
Nesbitt Hall 240
Holiday Cards - Coloring Books

12/3

TAKE A BREAK TUESDAY
10AM-11AM
Nesbitt Hall 240
Board Games- Cards-Yogurt Bar

12/4

WELLNESS WEDNESDAY
10:30AM-12:30PM
Nesbitt Hall Collaboratory
Massages- Hot Cocoa- Munchkins

12/5

THANKFUL THURSDAY
1PM-2PM
Nesbitt Hall 240
Gratitude Log- Poster Signing

12/6

FESTIVE FRIDAY
1PM-3PM
Nesbitt Hall 240
Popcorn Bar- Movie Showing

MORE DETAILS ON DASH
(dsphstudent.info)