

Feeling Stressed?

Visit the Chill Lounge in the Wellness Center

chill lounge



Monday, April 24 - 28
9:00am - 5:00pm

Where students will find the mellowest of lounge music, low lights, green tea and massage chairs.

individual consultations



Monday, April 24 - May 3*
9:00am - 5:00pm

If you are feeling stressed and you want stress techniques to help you get through the final days of the semester, come by the Wellness Center to schedule an appointment!

*By appointment only.

bubble wrap room



Monday, May 1 - 3
9:30am - 4:00pm

A place for students to "POP" the stress away!