

# Stress Less More Success WEEK

APRIL 24-28

Monday, April 24th

**Cafe Canvas:** Johnson Center Lobby

11 am - 2 pm

**Barre Class:** Johnson Center

11:30 am - 12:20 pm

Tuesday, April 25th

**Paws for Stress Relief +**

**Know your Numbers:** The Hub

5 pm - 6 pm

**Study with Smarties not Stimulants:**

Willy T Library Lobby

5 pm - 8 pm

Wednesday, April 26th

**Take Back the Night:** Memorial Hall

4 pm - 7 pm

**Destress for your Test:** The 90

6 pm - 8 pm

**Massage on the Go:** The Hub

7 pm - 10 pm

Thursday, April 27th

**All classes at the Johnson Center**

**Sunrise Yoga:** 7:30 am - 8:20 am

**Yoga:** 12:30 pm - 1:20 pm

**Buti Yoga:** 5 pm - 5:50 pm

**Yoga:** 6 pm - 6:50 pm

**Flexibility and Mobility:** 8 pm - 8:15 pm

Friday, April 28th

**Check out the Counseling Center's  
new Relaxation Room!**

Frazer Hall room 114B

Open 9 am- 11 am, 1 pm- 3 pm

