

Stress Less Week

Monday, November 28th—Friday, December 2nd

One Smart Cookie

Monday, November 28th: 11:30-1:30 pm in the DSU Breezeway
Come grab a cookie, hot chocolate, and coffee!

Anxiety 101

Tuesday, November 29th: 12:20-1:20 pm in Freeman 201
Join us to talk about how mindfulness can help your anxiety!

Open Rec Night

Wednesday, November 30th: 7:00-10:00 pm in Freeman Auxiliary Gym
Come sweat out some stress as CAS takes over the Freeman!
Cosponsored by CAB

Pet-Away-Stress

Thursday, December 1st: 12:15-1:30 pm on York River Lawn
Spend some time with some furry friends from the SPCA!
Cosponsored by RHA

Cards for the Troops

Friday, December 2nd: 11:30am-1:30 pm in the DSU Breezeway
Drop by and send some holiday cheer to our troops by creating a card!
Cosponsored by Student Veterans Organization

Brought to you by the Center for Academic Success

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