

# SELF-CARE *Fair*

**CHOOSE YOUR ADVENTURE!**

**FEBRUARY 8, 2024  
1 PM - 3 PM  
ECC LIBRARY**



## *DIY Body Scrub*

### **COLLABORATION ROOM**

CREATE YOUR OWN BODY SCRUB  
WITH SCENTS THAT SOOTHE YOU.



## *Rock Breathing & Painting*

### **WEST READING ROOM**

CONTINUOUS  
PRACTICE INTENTIONAL BREATHING TO  
RECHARGE, THEN DECORATE YOUR  
ROCK WITH A REMINDER TO BREATHE.



## *Water Marbling*

### **LIBRARY PATIO**

DECORATE YOUR OWN TRINKET  
DISH USING NAIL POLISH FOR A  
WATER MARBLING EFFECT.



## *Therapy Dogs*

### **RESEARCH CENTER**

TAKE A "PAWS" TO DESTRESS  
WITH SOME FRIENDLY PUPS



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## *Classical Music Room*

### **LAW ROOM**

RELAX WITH THE SOOTHING  
SOUNDS OF CLASSICAL MUSIC.



## *Snack Bar & Agua Fresca*

### **LOBBY**

ENJOY HEALTHY SNACKS AND AGUA  
FRESCA TO REFRESH YOUR AFTERNOON.



## *Loteria*

### **COLLABORATION ROOM**

1PM AND 2PM  
JOIN US FOR TWO ROUNDS OF  
FAST-PACED LOTERIA WITH  
PRIZES!

