

# FALL '25 SELF-CARE *Fair*

**CHOOSE YOUR ADVENTURE!**

**11:00 AM - 12:45 PM  
ECC LIBRARY**

## *Sound Bath*

**WEST READING ROOM**

**11:00 AM & 12:00 PM (2 SESSIONS)**  
RELAX YOUR BODY & MIND WITH A  
MEDITATIVE SOUND BATH.

## *Pickleball*

**LIBRARY PATIO**

GRAB A PADDLE AND PLAY ONE  
OF THE HOTTEST OUTDOOR  
GAMES AROUND!

## *Therapy Dogs*

**RESEARCH CENTER**

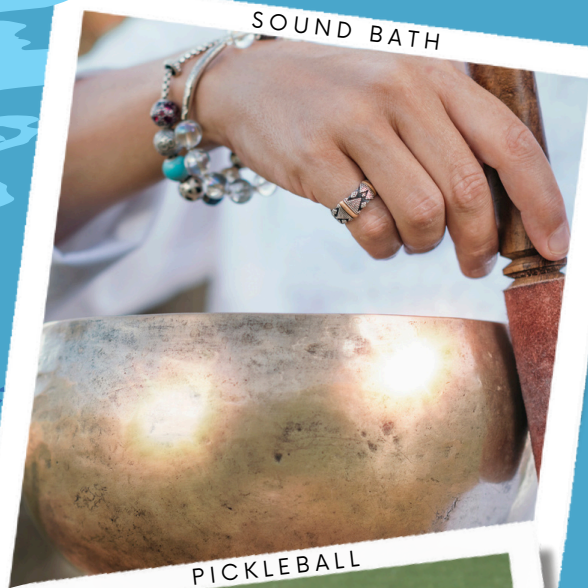
TAKE A "PAWS" TO DESTRESS  
WITH SOME FRIENDLY PUPS.

## *Plantitas*

**LIBRARY LAWN**

MAKE & TAKE A MINI POTTED  
PLANT.

SOUND BATH



PICKLEBALL



THERAPY DOGS



PLANTITAS



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## *Floral Mini Totebag*

### RESEARCH CENTER

MAKE A UNIQUE PRINTED MINI TOTE BAG USING FRESH FLOWERS.



## *No-Sew Felt Basket*

### RESEARCH CENTER

CREATE A FELT BASKET FOR YOUR HOME OR OFFICE WITHOUT SEWING!



## *Rolled Beeswax Candles*

### RESEARCH CENTER

MAKE AND TAKE YOUR OWN BEESWAX CANDLES TO ENJOY!



## *Flower Pressed Bookmark*

### RESEARCH CENTER

MAKE YOUR OWN BOOKMARK WITH PRESSED FLOWERS.



## *Decorative Plate*

### RESEARCH CENTER

USE DECOUPAGING METHODS TO DECORATE YOUR OWN PLATE

