

FALL '26 SELF-CARE *Fair*

CHOOSE YOUR ADVENTURE!

11:30 AM - 12:45 PM
ECC LIBRARY



Sound Bath

WEST READING ROOM

11:30 AM & 12:15 PM (2 SESSIONS)

RELAX YOUR BODY & MIND WITH A
MEDITATIVE SOUND BATH.



Rolled Paper Picture Frame

RESEARCH CENTER

DECORATE A PICTURE FRAME
USING ROLLED MAGAZINE PAGES.



Rolled Beeswax Candles

RESEARCH CENTER

MAKE AND TAKE YOUR OWN
BEESWAX CANDLES TO ENJOY!



Decorate a Totebag

RESEARCH CENTER

DECORATE YOUR OWN TOTE BAG
TO TAKE HOME USING A VARIETY
OF ART TOOLS.



Therapy Dogs

RESEARCH CENTER

TAKE A "PAWS" TO DESTRESS
WITH SOME FRIENDLY PUPS

...and more!

Agua Fresca & Snacks in the Lobby

