

STUDENT HEALTH SERVICES

CENTER FOR WELL~BEING



Tuesday

August 24th - 27th 2026
WELCOME WEEK ACTIVITIES

Wednesday

SEPT 1st DE-STRESS DOGS
@11am - 1pm

SEPT 8th SLIME MAKING
@11am- 2pm

SEPT 15th ROCK PAINTING
@11am- 1pm

SEPT 22nd JOURNAL DECORATING
@11am- 2pm

SEPT 29th GAME FRENZY
@11am- 2pm

OCT 6th DE-STRESS DOGS
@11am- 1pm

OCT 13th CROCHET CIRCLE
@11am- 2pm

SEPT 2nd BRACELET MAKING
@11am- 2pm

SEPT 9th SUCCULENT PLANTING
@11am- 2pm

SEPT 16th GUIDED YOGA
@12pm- 1pm

SEPT 23rd SELF CARE KITS
@11am- 2pm

SEPT 30th READING CORNER
@11am- 2pm

OCT 7th WORRY STONES
@11am- 2pm

OCT 14th VISION BOARDS
@11am- 2pm



Scan/click QR Code or call 310-660-3643 for more Fall 2026 info!