



FALL 2023

# DE-STRESS & SELF-CARE WEEK

DEC

4

Therapy Dogs for  
Emotional Well-  
Being

11AM- 1PM

DEC

5

Unwind and  
Thrive: Stress  
Management  
Workshpp

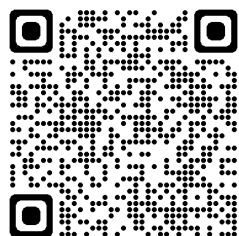
11:30AM-  
12:30PM

DEC

6

Pottery Painting  
for Mental Health  
& Creative  
Expression

11AM-12PM



For more information  
Scan QR Code

