



FALL 2023

DE-STRESS & SELF-CARE WEEK

DEC
4

DEC
5

DEC
6

Therapy Dogs for Emotional Well-Being

11AM- 1PM

Unwind and Thrive: Stress Management Workshop

11:30AM-12:30PM

Pottery Painting for Mental Health & Creative Expression

11AM-12PM



For more information
Scan QR Code

