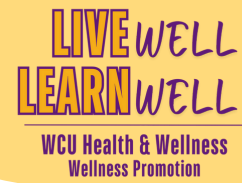


End of Year Wellness Weeks

Join Wellness Promotion and
campus partners for programs
to focus on yourself as you
head into final exams!



Friday, April 25

Student Leader Appreciation

1 pm - 3 pm

RamPark

*Take a sweet study break with free ice cream
and non-dairy pops!*

Meditation Group Practice

2 pm - 4 pm

Center for Contemplative Studies

*Open to beginners and long-time
practitioners, as well as those just curious
about meditation.*

Monday, April 28

Finals Festival w/ University Libraries

11 am - 2 pm

Academic Quad

*Take a sweet study break with free cotton
candy and popcorn!*

Dog Yoga

Session 1: 11:30 am - 12:15 pm

Session 2: 12:30 pm - 1:15 pm

Campus Recreation MAC Courts

Registration in IM Leagues required

*Sign up to do some de-stressing yoga alongside
some of our favorite furry friends.*

Wednesday, April 30

Sound Bath Yoga

12 pm - 1 pm

Center for Contemplative
Studies

*Sound bath yoga is a beautiful
combination of gentle yoga,
restorative/yin yoga poses, and
mindfulness.*

Creating Graces, Creating Spaces: Mindful Musical Masterpieces

3 pm - 5 pm

Center for Contemplative Studies

*An afternoon of mindful
musicking and shared art experience
for mindful stress
reduction and connection before
final exams.*

Dog Therapy Tabling

4:30 pm - 6 pm - Sykes Lobby

6 pm - 7:30 pm - FHG Library

*Say hi to therapy dog and learn
about Counseling Center
services.*

Thursday, May 1

BeWell Hut: Stress & Finals

1 pm - 2 pm

Outside of SECC

*Come learn about how to
manage your stress during
finals week!*

OCCS End of Semester Party

12 pm - 3 pm

Commuter Center

*Grab a refreshment, make a
craft, and celebrate all your
hard work this semester.*



Friday, May 2

Ramboree

5 - 10 pm

Ram Park

*Enjoy food, games,
rides, giveaways,
and so much more!*

Monday, May 5

Finals Relaxation Station

10 am - 3 pm

Student Health Center,
Commonwealth Hall, Ground
Floor (facing Lawrence
Center)

*Drop in, use foot or neck
massagers, build a final exams
de-stress kit, have some snacks,
and more!*

Tuesday, May 6

Cupcakes & Affirmations

12 pm - 1 pm

Outside of FHG Library
*Stop by to leave and take an
affirmation and get a Dia Doce
cupcake!*

Dog Therapy Extravaganza

1 pm - 3 pm

Sykes Ballrooms A and B

*De-stress with many of our favorite furry
friends and learn about the Counseling Center.*

Wednesday, May 7

Mindful Painting Expo

4 pm - 5 pm

Center for Contemplative
Studies

*Mix and mingle while
enjoying great artwork from
our WCU mindful painting
participants!*

Additional Programming with University Libraries

Check out additional programs,
including daily crafts, snacks and
drinks, graduation cap
decorating, and more!



Extended final
exams hours



*Did you know? For graduation
photos, rent props at the 2nd floor
library help desk, including ribbon
wands and leis!*

Campus Rec on IMLeagues



@Wellness Promotion on RamConnect

