

Contributing Depts.
HEALTH SERVICE
COUNSELING
RES. LIFE
HORTICULTURE
PERA
PLTC
ORSL
WELLESLEY FRESH
FACULTY



STOP*BREATHE*REFLECT*CHOOSE..to

Incorporate Stress Reduction and Wellness into Finals Week at Wellesley!

Monday Free December 13	Tuesday December 14	Wednesday December 15	Thursday December 16	Friday December 17
8am-4pm-Drop In Anytime Stroll the Greenhouses	8am-4pm Drop In Anytime Stroll the Greenhouses	8am-6pm-Drop In Greenhouses *1-3pm make a paper white gift for yourself or someone you love*	8am-4pm Drop In Anytime Stroll the Greenhouses	8am-4pm Drop In Anytime Stroll the Greenhouses
10am-Wake up with a smile... Wellesley is no laughing matter...or is it? Athletic Center Room 201	11am-12:00pm Quick Tools For Relaxation Multifaith Center	11am-12pm Make Your Own Trail Mix-Powerfoods Bates Dining Hall Wang Student Center Dining Hall	11am-12pm Make Your Own Trail Mix-Powerfoods Tower & Stone Davis Dining Halls	*ALL EVENTS ARE FREE TO WELLESLEY STUDENTS*
12:30pm-1pm Meditation Greenhouse Water Room	2pm-4pm -Drop In Make Your Own Labyrinth~Workshop for Relaxation Wang Student Center Room 415	4:30pm-6pm Floor Hockey/ Kickball Multipurpose Gym	*ALL EVENTS ARE FREE TO WELLESLEY STUDENTS	*STOP* *BREATHE* *REFLECT* *CHOOSE* To ACHIEVE
2pm AND 3pm-2 sessions Mindful Studying and Stress Reduction Library- Sanger Room	4:30-6:00pm Pool Table/Tennis/ Flag Football Field House	4pm-5pm Folk Music by Beth DeSombre Multifaith Gathering Area	3pm-4pm Yoga MultiFaith Center	2pm-3pm Squash Squash Court
4:30-5:30pm Spinning Field House	6pm-7:30pm Dodgeball/Ulimate Frisbee- Multipurpose Gym	5pm-6pm Pilates Athletic Center- Room 202	*ACHIEVE ACADEMIC SUCCESS THROUGH WELLNESS*	3pm-5pm Badminton/Volleyball Multipurpose Gym
4:30pm-5:45pm Basketball/Badminton Multipurpose Gym	5pm-7pm 15 Minute Chair Massage *Wang Student Center Room 413 <u>AND</u> *Science Center Room 155	5pm-7pm 15 Minute Chair Massage *Wang Student Center Room 415 <u>AND</u> *Science Center Room 155	5pm-7pm 15 Minute Chair Massage *Wang Student Center Room 415 <u>AND</u> *Science Center Room 155	*ALL EVENTS ARE FREE TO WELLESLEY STUDENTS*
6pm-7pm Water games/Innertube Water Polo/Swimming Pool 7pm-8:45pm Kickball/Dodgeball/Floor Hockey - Multipurpose Gym	6pm-7:30pm Yoga Multifaith Center	5:30pm-7pm Mindful Eating Workshop Eating strategies for exam time Pomeroy Dining Hall	6pm-8pm Soccer/Kickball/Dodgeball/ Flag Football 8pm-9pm Volleyball/Basketball Multipurpose Gym	*STOP* *BREATHE* *REFLECT* *CHOOSE* To ACHIEVE
7pm-8pm Mind Body Stress Reduction MultiFaith Center	8pm-10pm Herbal Tea Party and Sleep Tips Science Center Kitchen	6:15pm-8:00pm Softball/Lacrosse 7:30pm-9pm Table Tennis/ Basketball/ Tennis- Field House	8pm-10pm Herbal Tea Party and Sleep Tips Severance Living Room	8pm-10pm Herbal Tea Party and Sleep Tips Library Lounge
9pm-11pm Moonlight Breakfast Tower Court *free flu vaccine*	*ALL EVENTS ARE FREE TO WELLESLEY STUDENTS*	8pm-10pm Herbal Tea Party and Sleep Tips Freeman Living Room	*ALL EVENTS ARE FREE TO WELLESLEY STUDENTS*	*ACHIEVE ACADEMIC SUCCESS THROUGH WELLNESS*

EVENT THEMES: *MINDFULNESS/STRESS REDUCTION* *NOURISHMENT FOR THE BODY WITHIN*

CONNECT WITH NATURE *MUSIC & DRAMA* *MOVE YOUR BODY/GET PHYSICAL*

FRIENDLY PLTC REMINDER: Don't forget to check in with your APT for various workshops and study breaks!