

SNGA PRESENTS

STRESS-FREE DAY

RELAX. RELATE. RELEASE.

NURSING BUILDING • DECEMBER 4TH • 2-5 PM

2:15-4:30 pm

Bingo & Kahoot

NURSING AUDITORIUM

2:15-3:30 pm

Mind & Body Therapy

NURSING BUILDING ROOM 111

2-4 pm

Therapy Dogs

2-4:45 pm

Anxiety Relief Tips

TABLE NEAR AUDITORIUM

2-4:45 pm

Arts & Crafts

TABLE NEAR AUDITORIUM

REFRESHMENTS IN ROOM 109

BRING 2 PILLOWS AND A YOGA MAT FOR
THE MIND & BODY THERAPY