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Stress Less Week Calendar

APRIL 20, 2016 BY HANNAH BROADBENT

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Stress Less Kick Off Night

Sunday, April 24, 2016

8:00 p.m.- 12:00 a.m.

- Free snacks and prizes will be in the tutoring center. Accompanied by writing consultants, tutors, multimedia hub staff and research librarians to help with last minute projects. Available all week on the second floor of the library.

Monday

Coffee with Champ

8:30 a.m. – 10 p.m.

- Free coffee in the library entrance to start off Finals Week

Smoothies

12 p.m. – 1 p.m.

- Have a little help focusing the rest of the day with a green smoothie from Health Services distributed in the library entrance.

Massage

2 p.m. – 4 p.m.

- Chair massages in the second floor of the library

Sketch Bomb

4 p.m. – 5:30 p.m.

- Write, Sketch and color it out on the first floor of the library

WELCOME!

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PODCAST: CHANCELLOR CHAT

Stress Ball Make & Take

5 p.m. – 6:30 p.m.

- Make, decorate or take your own stress ball! Sponsored by UMD Health Services on the first floor of the library.

Tuesday

Massage

11 a.m. – 1 p.m.

- Chair massage on the second floor of the library

Yoga

8 p.m.

- RSOP Fitness Center room 135, enter a raffle to win a free yoga mat as well

Wednesday

Smoothies

Noon – 1 p.m.

- Green smoothies from Health Services distributed in the library entrance

Zoomobile

1 p.m. – 3 p.m.

- The library first floor will be filled with the zoo's smallest and cutest animals

Thursday

PAWS

11 a.m. – 1 p.m.

- Kirby Lounge will be littered with all your favorite dogs and cats

Friday

Editor-in-Chief Nicole Brodzik sits down with Chancellor Black and asks questions from UMD students.



Chancellor Chat
Gun Violence on C...



Cookie policy

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The Statesman



University of Minnesota Duluth's
student newspaper



UPCOMING EVENTS

There are no upcoming events at this time.

Coffee with Champ

8:30 a.m. – 10 a.m.

- Champ the bulldog with distribute coffee in the library entrance

Stress Ball Make or Take

4 p.m. – 5 p.m.

- Make, decorate or take a stress ball

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