

# 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 2<sup>nd</sup> floor library help desk, including ribbon wands and leis!

## Campus Rec on IMLeagues



## @Wellness Promotion on RamConnect

