



# Brain Fuel Week

JUNE 3 - 7



## MON 6/3

### Vinyasa Flow Yoga

The Ray | 7am

### DIY Relaxation

Loop DPC 11th Fl  
11am-2pm

Heating pads, journaling, massages, & succulents!

### Stress Re-duck-tion

Richardson Library  
All Day

Find a rubber ducky, turn it in for a goodie bag!

## TUE 6/4

### Pilates Mat

The Ray | 8am

### Smart Bites

LPSC 2nd floor  
2-4pm

Taste test brain-healthy snacks!

## WED 6/5

### Midday Meditation

The Ray | 12:30pm

### DIY Aromatherapy Spray Bottles

The Ray | 4pm

Take away a stress relieving aromatherapy spray!

### Spa Day

LPSC Atrium  
11am-3pm

Get a free aqua massage & decorate a mini succulent plant!

## THUR 6/6

### Smart Bites

Loop DPC 11th Fl  
2-4pm

### Dogs on the Quad

LPC Quad  
11am-2pm

Come & pet a puppy! Food & lawn games also available.

### Vinyasa Flow Yoga

The Ray | 5pm

## FRI 6/7

### Stress Re-duck-tion

Richardson Library  
All Day

## 6/3 - 6/6

**Puzzles, Coloring, Sudoku, Checkers, Connect 4 & Jenga**  
Richardson Library  
All Day

## SPONSORS

Health Promotion and Wellness; Dining Services; Campus Recreation; Richardson Library; DePaul Activities Board; Office of Student Involvement

### Questions?

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