Brain Fuel Week
MARCH 6-20

WED 3/6
Don't Stress, Sleep
LPSC Atrium | 11:30am-2:30pm

MON 3/11
DIY Calm Down Jars
LPSC Suite 302 | 9am-5pm
DIY Stress Relief
LPSC Atrium | 11am-2pm
Mat Pilates
The Ray | 3pm

TUE 3/12
Mug Decorating
LPSC Suite 302 | 9am-5pm
Hatha Raja Yoga
The Ray | 10am
Smart Bites
LPSC 2nd floor | 2-4pm
DIY Aromatherapy
The Ray | 4pm

WED 3/13
DIY Sleep Masks
LPSC Suite 302 | 9am-5pm
Unwind the Mind Pop-Up Shop
SAC Hallway | 11am-1pm
Midday Meditation
The Ray | 12:30pm

THUR 3/14
DIY Bullet Journals
LPSC Suite 302 | 9am-5pm
Mat Pilates
The Ray | 10am
Relax with Louise de Marillac
LPSC Atrium | 11:30-1:30
Smart Bites
DePaul Center 11th Floor (Loop) | 2-4pm

FRI 3/15
Yoga
The Ray | 12pm-12:45pm

MULTI-DAY EVENTS
3/11 - 3/14
3/18 - 3/20
3/11 - 3/15
Nap Room
The Ray | 1-6 PM
Puzzles, Sudoku, & Legos
Richardson Library All Day

SPONSORS
Health Promotion and Wellness
Dining Services
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Mission & Ministry
DePaul Activities Board
Office of Student Involvement

Questions?
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De-Stress Before You Test!