

Final Exams Got You Stressed?

The Office of Student Life (OSL) invites you to take advantage of these

FREEBIES!

Student Activity Center (SAC) CC015

Monday – Friday: December 6-10 & December 13-17

Light refreshments served from 10:00am – 4:00pm

Quiet Zone Study Area from 10:00am – 4:00pm

CC006A

Monday, 12/6
Massages* from
10:00am - 4:00pm
10-min sessions

Tuesday, 12/7
Massages* from
10:00am - 4:00pm
10-min sessions

Wednesday, 12/8
Yoga*
10:00am - 10:30am
11:30am - 12:00pm
1:00pm - 1:30pm
2:30pm - 3:00pm
Meditation*
10:45am - 11:15am
12:15pm - 12:45pm
1:45pm - 2:15pm
3:15pm - 3:45pm

Thursday, 12/9
Yoga*
10:00am - 10:30am
11:30am - 12:00pm
1:00pm - 1:30pm
2:30pm - 3:00pm
Meditation*
10:45am - 11:15am
12:15pm - 12:45pm
1:45pm - 2:15pm
3:15pm - 3:45pm

*By appointment only. Current MC Student ID required.
Please come to the OSL to sign up on the day of the event.
For more information, visit the OSL in CC005 or call us at 240-567-5092.

Free
Massages

Free
Refreshments

Quiet Zone
Study Area

Free
Meditation &
Yoga

Final Exams are inevitable—but how you handle it is in your control.

