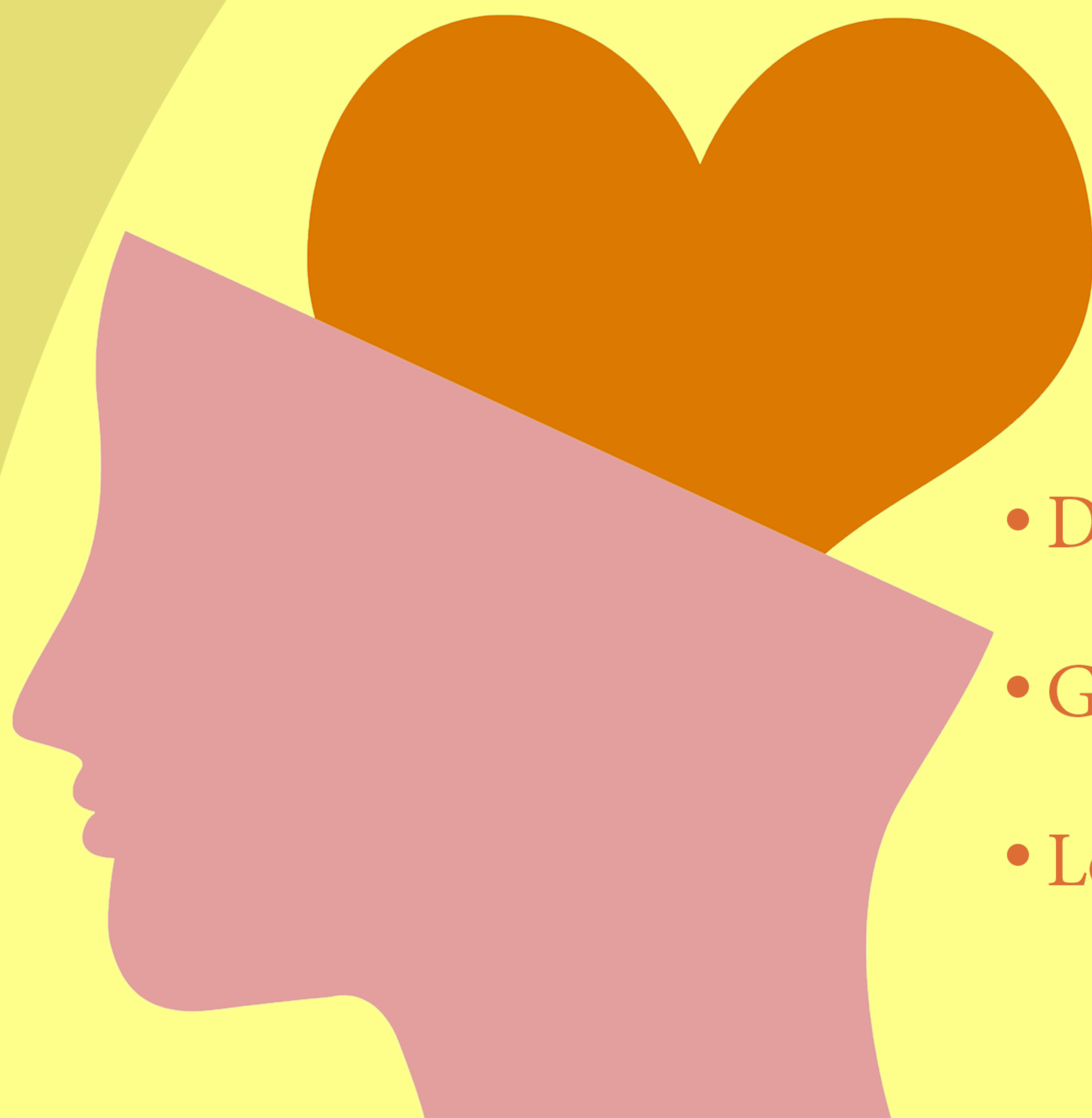


*Give yourself a little*

# BRAIN BREAK!



- De-stress and declutter your mind!
- Get involved in fun activities!
- Learn what it means to be mindful!

RV

Oct 22<sup>nd</sup>

11am - 2 pm

Between the TA  
and SS buildings

GT

Oct 23<sup>rd</sup>

11am - 2 pm

Bookstore lobby

TP/SS

Oct 24<sup>th</sup>

11am - 2 pm

ST Atrium

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