

Exciting Events Coming Up for Students & Staff!

Mandala Mural Poster Colouring

Join us to colour a large mandala mural poster! Relax and get creative as we prepare for the busy exam season.

November 21st & 26th
2 p.m. – 4 p.m.

 Learning Commons in the Massey Library
 (in front of the Success Centre purple wall)



Relaxation & Meditation Events




Yoga
 With Kristin Miller from PSP
Wed, Dec 4th
 1 p.m. – 2 p.m.

Performance and Recovery Class (PaRC)
 With Rachel Askett from Health Promotion
Wed, Dec 4th
 3 p.m. – 4 p.m.

PaRC
 With Rachel Askett from Health Promotion
Mon, Dec 9th
 3 p.m. – 4 p.m.

PaRC
 With Rachel Askett from Health Promotion
Wed, Dec 11th
 1 p.m. – 2 p.m.

 Learning Commons Success Centre in Massey Library

St. John's Ambulance Therapy Dog Visits

Come unwind and de-stress with the therapy dogs!

Thursday, December 5th
 7 p.m. – 9 p.m.

Thursday, December 12th
 7 p.m. – 9 p.m.

Saturday, December 14th
 2 p.m. – 4 p.m.

 Learning Commons Success Centre in Massey Library



Get Ready for Finals with These Relaxing Events!