



De-Stress for Success

Spring 2018

COUNSELING CENTER

Paws to Relax

Monday, May 14 and Tuesday, May 15 • noon – 1:00 p.m. • Reed Library.
Pet and play with certified therapy dogs.

Freeze Pops and Frisbees

Wednesday, May 16 and Thursday, May 17 • 11:00 a.m. – noon • Reed Library lobby.
Relax with free Freeze Pops and Frisbees.

Healthy Bites

Monday, May 7 – Friday, May 18. The Student Health Center (LoGrasso Hall) will be offering free healthy snacks.

Relaxation Kits

Monday, May 7 – Friday, May 18. The Student Health Center (LoGrasso Hall) will be offering free relaxation kits.

Stress Free Zone

Monday, May 7 – Thursday, May 17 • Reed Library Lobby • Take a timeout from your hectic schedule and relax with various stress relieving activities including: coloring, crafts and games.

Color Me Calm

Monday, May 7 – Thursday, May 17 • The Counseling Center (LoGrasso Hall) will be offering free coloring kits.

Quiet Study Areas

Reed Library has extended hours from **Sunday, May 6 – Thursday, May 17** • During this time, the Reed Library Classroom (1st Floor, Carnahan-Jackson Center) will be available for quiet study, in addition to the every day quiet study areas on the 2nd and 3rd floors of the Carnahan-Jackson Center.

The Williams Center has designated the Multipurpose Room a quiet study area:

Monday, May 14 – Thursday, May 17 • 9:00 a.m. to 11:45 p.m., and Friday, May 18, 9:00 a.m. – 4:45 p.m.

Dino Day

Saturday, May 12th • 12:00p.m – 2:30p.m. • Free Dinosaur Bar B Que • Gregory Hall Parking Lot
• Tickets are required, available at the Fredonia Ticket Office, Williams Center
• Sponsored by Spectrum

Fitness Classes

The Aerobic Center will have a limited schedule of classes available during final exam week. Classes are free and open to all students. The Aerobic Center is located in the lower level of Hemingway Hall. Please see their Facebook page for the class schedule:
<https://www.facebook.com/Fredonia-Aerobic-Center-358449957509606>

For more information please visit: fredonia.edu/counseling

De-Stress for Success is sponsored by the Counseling Center, Reed Library, Enrollment and Student Services, Student Health Center, Residence Life, Campus Life, and Spectrum.