

BREATHE Spring 2019

June 3 – June 12, 2019
All activities are free!

*Just
Breathe*

MONDAY, JUNE 3

GYMNASIUM*
12:35pm – 1:25pm • (3025)
Come Try Yoga! –
Beginners Welcome!

TUESDAY, JUNE 4

GYMNASIUM*
12:35pm – 1:25pm • (3025)
Come Try Pilates! –
Beginners Welcome!

WEDNESDAY, JUNE 5

FOSS
12:30pm – 2:30pm • (5225A)
Retro Video Games/Board Games
in the Veterans Resource Center!

GYMNASIUM*
12:35pm – 1:25pm • (3025)
Come Try Yoga! –
Beginners Welcome!

PUB
1:00pm – 2:00pm • (9102)
Draw Your Heart Out!
Connecting art to your personal identity.

THURSDAY, JUNE 6

COUNSELING CENTER
9:00am – 4:00pm • (Temporarily in FOSS
5229)
•Healthy Snacks
•Jewelry Making
•Perler Bead Crafts
•Coloring

PUB
11:00am – 1:00pm • (Lobby)
Grab a free snack with Alumni & Friends!
Upcoming graduates: Consider signing
up for alumni benefits!
11:30am-1:30pm • (QDR 9208)
Carnival Games with Prizes and Popcorn!

GYMNASIUM*
12:35pm – 1:25pm • (3025)
Come Try Pilates – Beginners Welcome!

FRIDAY, JUNE 7

PUB
12:30pm – 1:30pm • (PUB Lounge)
College Dogs! Pet a dog to wag more and
stress less!

GYMNASIUM*
12:35pm – 1:25pm • (3025)
Come Try Yoga! – Beginners Welcome!

WEDNESDAY, JUNE 12

PUB
11:15am – 12:45pm • (Courtyard)
Wellness Fair!

*All activities in the gym require tennis shoes and no hard black soles.