

# 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 21<sup>st</sup> & 26<sup>th</sup>**  
**2 p.m. – 4 p.m.**


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



## Relaxation & Meditation Events



<p><b>Yoga</b>                  With Kristin Miller from PSP  <b>Wed, Dec 4th</b>                  1 p.m. – 2 p.m.</p>	<p><b>Performance and Recovery Class (PaRC)</b>                  With Rachel Askett from Health Promotion  <b>Wed, Dec 4th</b>                  2 p.m. – 3 p.m.</p>
<p><b>PaRC</b>                  With Rachel Askett from Health Promotion  <b>Mon, Dec 9th</b>                  3 p.m. – 4 p.m.</p>	<p><b>PaRC</b>                  With Rachel Askett from Health Promotion  <b>Wed, Dec 11th</b>                  1 p.m. – 2 p.m.</p>

 Learning Commons Success Centre in Massey Library

## St. John's Ambulance Therapy Dog Visits

Come unwind and de-stress with the therapy dogs!

<p><b>Thursday, December 5th</b>                  7 p.m. – 9 p.m.</p>
<p><b>Thursday, December 12th</b>                  7 p.m. – 9 p.m.</p>
<p><b>Saturday, December 14th</b>                  2 p.m. – 4 p.m.</p>

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## Get Ready for Finals with These Relaxing Events!