

# Stress Relief Series

November 30th—December 10th

## Monday, Nov. 30th

11a.m. -1p.m.  
Seated Massage  
Parker

11a.m. -1p.m.  
Paraffin Hands  
Parker

11:30a.m. -1:30p.m.  
Henna Tattoos  
Alexander Dining Hall

## Tuesday, Dec. 1st

11a.m. -1p.m.  
Seated Massage  
Wing Lounge

11a.m. -1p.m.  
Paraffin Hands  
Wing Lounge

11:30a.m. -1p.m.  
Time Management is  
Stress Management  
Alexander Lobby

11:30a.m. -1p.m.  
Eric Bettencourt  
Portland Singer/Songwriter  
Alexander Dining Hall

## Wednesday, Dec. 2nd

11a.m. -1p.m.  
Seated Massage  
Parker

11a.m. -1p.m.  
Paraffin Hands  
Parker

11:30a.m. -1p.m.  
Holiday Card Making  
Alexander Dining Hall

## Thursday, Dec. 3rd

7:30a.m. -9a.m.  
Free Hot Chocolate  
& Coffee  
Lawn by Coleman &  
Goddard

9:30a.m. -11a.m.  
Free Hot Chocolate  
& Coffee  
Outside Pharmacy

11a.m. -1p.m.  
Seated Massage  
Wing Lounge

11a.m. -1p.m.  
Paraffin Hands  
Wing Lounge

11:30a.m. -1p.m.  
Time Management is  
Stress Management  
Alexander Lobby

## Monday, Dec. 7th

11a.m. -1p.m.  
Seated Massage  
Wing Lounge

11a.m. -1p.m.  
Paraffin Hands  
Wing Lounge

11:30a.m. -1:30p.m.  
Mock Tails  
Alexander Dining Hall

## Tuesday, Dec. 8th

11a.m. -1p.m.  
Seated Massage  
Parker

11a.m. -1p.m.  
Paraffin Hands  
Parker

11:30a.m. -1p.m.  
Time Management is  
Stress Management  
Parker

11:30a.m. -1p.m.  
Ornament Making  
Alexander Dining Hall

## Wednesday, Dec. 9th

11a.m. -1p.m.  
Seated Massage  
Wing Lounge

11a.m. -1p.m.  
Paraffin Hands  
Wing Lounge

11a.m. -1p.m.  
Zen Gardens  
Alexander Dining Hall

## Thursday, Dec. 10th

11a.m. -1p.m.  
Seated Massage  
Parker

11a.m. -1p.m.  
Paraffin Hands  
Parker

11:30a.m. -1p.m.  
Time Management is  
Stress Management  
Parker

11:30a.m. -1p.m.  
Smoothie Bar  
Alexander Dining Hall