

FINALS WELLNESS

DESTRESS FESTS

December 2nd
11a-1p
Bookstore

DeStress Fest-Food, games,
prizes!

December 6th
10a-12p
Library

DineSLU is hosting a hot
chocolate bar and sweet
treats in the Library

December 6th
10a-12p
Library
Rain location
Simon Rec

Punch your stress out with
inflatables and bubble wrap in
front of the library. Hosted by
SLU Wellness

December 6th
2-4p
Simon Rec

Play some games and
puzzles and sip on free
smoothies at the Juice Bar!

December 6-12
BSC

DeStress snacks and
Coloring;
DeStress with DPS.

December 8th
12-1pm

Selfies with Blue Santa

FEELING SUPER
STRESSED?
YOU ARE NOT ALONE.

Contact the University
Counseling Center
314-977-TALK

GOOD LUCK
ON FINALS!

