

the RELAXATION STATION

a place to relax during your studies



TUESDAY, MARCH 25, 2025 FROM 1:00 PM TO 4:00 PM
GREEN DOLPHIN LOUNGE, CAMPUS CENTER (1C)

- *FREE CHAIR MASSAGE
- *HOPE'S CALMING CORNER
- *ZENTANGLE ART TABLE
- *MEET THE COUNSELORS
- *AIR" EXHIBIT (ATTITUDES IN REVERSE)

SPECIAL GUEST "AIR" (ATTITUDES IN REVERSE)

1:00 PM TO 3:00 PM OUTSIDE ON THE PLAZA (1C)

- *PAWS FOR MINDS THERAPY DOGS
- *IN THEIR SHOES EXHIBIT



Attitudes In Reverse's (AIR) is an organization that promotes mental health education and awareness. This exhibit lets people know that they are not alone in their struggles and encourages them to seek help.