

Mental Health Week

April 13-17

during lunch @ the quad

*Mindfulness
Monday*

*Therapy dogs
+
Creation Corner*

*Treat Yourself
Tuesday*

*Dizzy Coffee/Kona Ice
+
Pie admin in the face*

*Wipeout Stress
Wednesday*

*Human
Hamster
Wheel*

*Talk It Out
Thursday*

*Plate Smashing
+
Culinary Treats*

*Friendship
Friday*

*Otter Pops
+
Positive Messages*