

# Mental Health Awareness Month

**5**

**May**

12- 1 pm

## **Paws & Relax**

@Wellness Lounge | Rm 2313

Come create comfort with fluffy friends!



**12**

**May**

12- 1 pm

## **Collage & Chaos**

@Wellness Lounge | Rm 2313

Let go of that perfectionism~



**14**

**May**

12- 1 pm

## **Power Hour**

@BIPOC Center | Rm 2149

Sound healing workshop to promote deep relaxation.



**19**

**May**

12- 1 pm

## **Vibes & Sound Vibrations**

@Wellness Lounge | Rm 2313

Let your stress melt away with healing sounds.



**27**

**May**

12- 1 pm

## **Story Jar & Journal**

@Wellness Lounge | Rm 2313

Reflect on your favorite memories.

