

APRIL 10 - 15

# CAMPUS DE-STRESS FEST WEEK

**DAILY  
THERAPY DOGS**  
and **REIKI** in the  
Jay A. Gershen  
Atrium

## MONDAY, APRIL 10

- **NEOMED "TROT & TREAT"** 12:15 - 1 p.m.
  - Group walk/"trot" around the campus ending with a free ice cream "treat!" Meet at Sequoia at noon. Open to everyone!
- **Book Swap Launch**
  - Stop by the CSWCS (Suite A-200) to check out our ongoing project of a "little library" outside our suite. Students and employees are encouraged to leave a book for another person to find/love.
- **Employee Chair Massages**, 11 a.m. - 1 p.m.
  - Call **330.325.6102** or stop by the Sequoia desk to book a time

## TUESDAY, APRIL 11

- **Employee Chair Massages**, 10:30 a.m. - 12:30 p.m.
  - Call **330.325.6102** or stop by the Sequoia desk to book a time
- **Student "Diamond Painting" Activity**, 11:30 a.m. - 1:30 p.m. **(Plus, a giveaway!)**
  - Join us in the NEW Center Atrium to meet the staff and participate in creating a (mess free) Diamond Painting
    - Sign-ups are limited. Email [counseling@neomed.edu](mailto:counseling@neomed.edu) for the sign up link

## WEDNESDAY, APRIL 12

- **Student Chair Massages**, 11 a.m. - 1 p.m.
  - Call **330.325.6102** or stop by the Sequoia desk to book a time
- **Late Night Breakfast for Students**, 8 - 10 p.m., Jay A. Gershen Atrium, NEW Center
  - Yummy free breakfast served by surprise guests!

## THURSDAY, APRIL 13

- **Student Chair Massages**, 10:30 a.m. - 12:30 p.m.
  - Call **330.325.6102** or stop by the Sequoia desk to book a time
- **FREE Student Pilates Group Class** at Sequoia, 12:15 - 1 p.m.
  - Call **330.325.6102** or stop by the Sequoia desk to sign up

## FRIDAY, APRIL 14

- **Student Chair Massages**, 11 a.m. - 1 p.m.
  - Call **330.325.6102** or stop by the Sequoia desk to book a time
- **FREE Employee Pilates Group Class** at Sequoia, 12:15 - 12:45 p.m.
  - Call **330.325.6102** or stop by the Sequoia desk to book a time

## SATURDAY, APRIL 15

- **NEOMED Service Day: all are welcome to participate, 9 a.m. - noon, multiple sites**
  - Register in Campus Groups [cglink.me/2oJ/r377312](https://cglink.me/2oJ/r377312) for specific sites and instructions or contact [bbutler@neomed.edu](mailto:bbutler@neomed.edu) if you cannot access Campus Groups. Sites include Habitat Restore, Habitat Build Site, Hartville Thrift Shoppe, Rootstown Park District, Alliance Area Domestic Violence Shelter, Core Furniture Bank, and Happy Trails Farm.

Sponsored by the Center for Student Wellness and Counseling, Student Services, Sequoia, Human Resources and NSC!