

NEOMED

# De-Stress Fest

April 14 - 18, 2025

## Monday, April 14th

**Positivi-TEA** | 12 - 1 PM | Campbell Atrium

*Free Tea, Hot Chocolate, Kindness Bracelet Station and Gratitude Wall*

*Have a warm relaxing cup of tea as you craft your very own Kindness Bracelets, enjoy a KIND bar, and write a note of thanks to share on the Gratitude Wall.*

**Chair Massages** | 11:30 AM - 1:30 PM | Gershen Atrium

*Free 10 minute Chair Massages. Register in CampusGroups. ONLY 8 SPOTS!*

**Comfort Cooking Class** | 3:30 - 5 PM | NEW Center Kitchen

*Chef Rodney will provide the ingredients and the instruction as you and your friends prepare and eat "Variations on Ramen."*

*Register in CampusGroups. ONLY 25 SPOTS!*

## Tuesday, April 15th

**Relaxation Station** | 12 - 1 PM | Gershen Atrium

*Therapy Dogs, DIY Trail Mix Station, Corn Hole and Prizes*

## Wednesday, April 16th

**Relaxation Station** | 12 - 1 PM | Gershen Atrium

*More Therapy Dogs, Free Ice Cream Treats, Games and Prizes*

**Late Night Breakfast & Movie Night** | 8 - 10 PM | Gershen Atrium

*Take a study break and enjoy an amazing breakfast buffet. Register in CampusGroups.*

*Head outdoors for MOVIE NIGHT on an inflatable movie screen. Rain Location: Gershen Atrium.*

## Thursday, April 17th

**Caffeination Station** | 8 - 10 AM | Campbell Atrium

*Free Coffee and Cookies*

**2nd Annual Pickleball Tournament** | 7:30 - 10 PM | Sequoia Wellness Gymnasium

*16 teams of 2; round-robin. Free commemorative t-shirts to all players. Register in CampusGroups.*

## Friday, April 18th

**Wellness Hike** | 3 PM | Ledges Trail, Cuyahoga Valley National Park

*Head over to the Trailhead and enjoy a wellness hike led by CV Garcia, Asst. Director of Success & Engagement. Register in CampusGroups.*

Sponsored by the Office of Student Services and Student Wellness