

STRESS

April 29th

3-6PM

UC Ski Lodge

OWN Z DAY

Don't Stress.

Do Your Best.

Forget the Rest.

DAY

- **Therapy Dogs**
- **Brain Massages**
- **Button Making**
- **Funky Pencils**
- **Chair Massages**
- **Aroma Therapy**
- **Healthy Snacks**
- **Chair Yoga**
- **Stress Balls**
- **UTSA Listens**
- **Biofeedback**
- **Mandala Coloring**

