

DESTRESS FEST



MONTANA STATE UNIVERSITY

Office of Health Advancement



THURSDAY 12/1

Test Anxiety Workshop with CPS
SUB 235 12PM

Meditation

Danforth Chapel 5pm

Chair massages

Renee Library 1-5PM

SCAN QR CODE TO MAKE APPOINTMENT:



FRIDAY 12/2

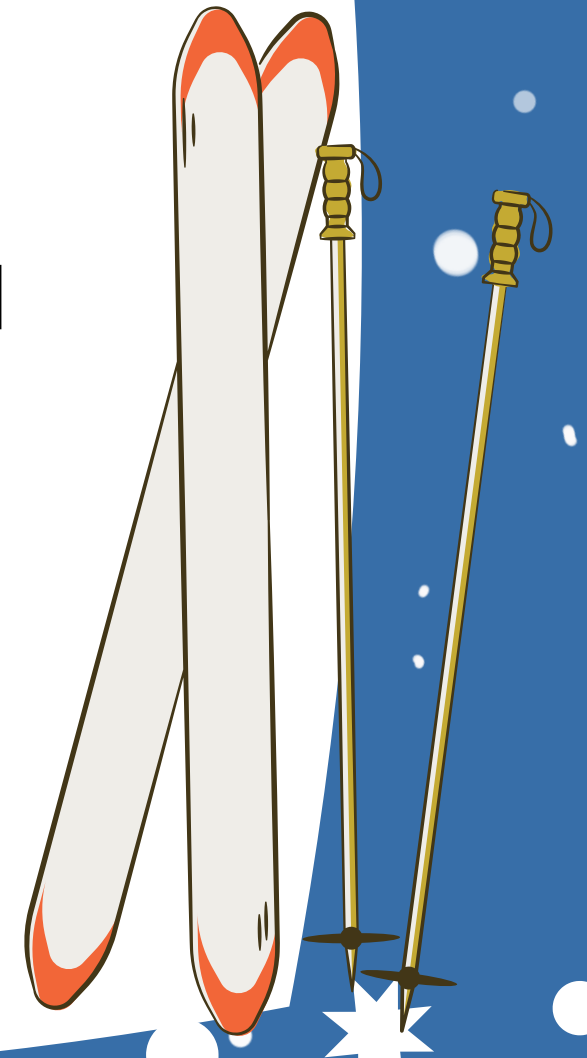
Core & Restore
North Dome 12:15PM

Yoga

North Dome 5:30PM

Movie Night

Procrastinator
6:30PM & 9PM



MONDAY 12/5

Yoga

North Dome 4:30PM

Paws to De-Stress

Renee Library 9-11AM

Relieve stress with therapy animals!



TUESDAY 12/6

Paws to De-Stress

Renee Library 1-3PM

Meditation

Danforth Chapel 5PM



WEDNESDAY 12/7

Plate Smashing

Centennial Mall
10:30AM-1:30PM

Yoga

North Dome
12:15PM & 4:30PM

Paws to De-Stress

Renee Library 4-6PM



We know that finals week can be stressful. Take some time to enjoy Destress Fest & relax with free snacks, fitness classes, movies, and stress-reducing activities throughout the week.