

# *Stress Free Zone!!!*

Wednesday, November 29

11:00-2:00 pm

CLC Lobby

*Chair Massage*

*X Box Challenge*

*"Marshmallow" Chairs*

*Stress Busters*

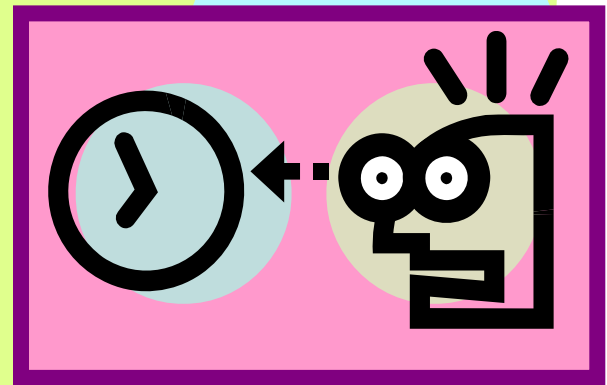
*Information on:*

Handling Stress

Avoiding Procrastination

Managing Time

*And More!!!*



## **Free Raffle of Stress Busting Kits!!!!!!!**

Sponsored by Counseling Services

Office of Student Development

Division of Student and Diversity Affairs