## SUN. 5/10
- Hindu Paja
  - 11am - 12 pm
  - Meditation Room, Chapel

## MON. 5/11
- **Dog Therapy**
  - *see LTS for times & locations*
- **PLTC Breakfast & Study Tips**
  - 10-11:30am, 3rd floor Clapp Library
- **Open Swim**
  - 12-1:30 pm KSC Pool
- **MYO Snack**
  - 12-1:30 pm Bates
- **Spinning**
  - 2-3 pm and 5-6 pm KSC
- **Open Swim**
  - 6-7:30 pm KSC Pool

## TUE. 5/12
- **Davis Museum Study Session**
  - 11-4 pm Snacks, Activities, Study Space
- **Open Swim**
  - 12-1:30 pm KSC Pool
- **MYO Snack**
  - 12-1:30 pm Bae Pao Lulu
- **Massage**
  - 1-4 Clapp Library Lounge
- **Mindfulness Coloring**
  - 2-3 pm Stone Center
- **Spinning**
  - 5-6 pm KSC201
- **Kickboxing 101**
  - 6-7 pm KSC102
- **Open Swim**
  - 6-7:30 pm KSC Pool
- **Moonlight Breakfast**
  - MYO Lavender Rice Socks Hugs & Kisses w/ BHEs
  - 9-11 pm Bates Dining Hall * Bae Pao Lulu

## WED. 5/13
- **Open Swim**
  - 12-1:30 pm KSC Pool
- **MYO Snack**
  - 12-1:30 pm Stone Dining Hall
- **Pool Games**
  - 1:30-2:30pm KSC Pool
- **Boot Camp**
  - 4:30-5:30 pm KSC 102
- **Drumming and Dancing**
  - 6-8pm, Multifaith Ctr. Gathering Room
- **Meditation**
  - 7-8 pm Meditation Rm, Chapel
- **Open Swim**
  - 6-7:30 pm KSC Pool

## THURS. 5/14
- **Open Swim**
  - 12-1:30 pm KSC Pool
- **MYO Snack**
  - 12-1:30 pm Tower Dining Hall
- **Reiki**
  - 3-4 pm, Clapp Library Lobby
- **Barre**
  - 5-6 pm KSC 202
- **Open Swim**
  - 6-7:30 pm KSC Pool
- **Meditation**
  - 7-8 pm Meditation Rm, Chapel

## FRI. 5/15
- **Open Swim**
  - 12-1:30 pm KSC Pool
- **Intro to Boxing**
  - 12:30-2:30pm, KSC Multi Purpose Gym
- **MYO Snack**
  - 12-1:30 pm, KSC
- **Massage**
  - 1-3 pm Lulu 413
- **Yoga on the Chapel Lawn**
  - 3-4pm, Chapel Lawn
- **Open Swim**
  - 6-7:30 pm KSC Pool

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**EVEN DAY!**

**RESIDENCE HALL**

- Walk the Chapel Labyrinth or Lake

**BROUGHT TO YOU BY THE**

**WELLNESS OUTREACH COMMITTEE**

**HEALTH SERVICE * PERA**

**STONE CENTER COUNSELING SERVICE ***

**WELLESLEY FRESH * STUDENT INVOLVEMENT**

**AND PARTNERS:**

- Davis Museum* Greenhouse* LTS
- *ORSL* PLTC* Residential Life

[Wellness N.E.S.S.t.]

**Nutrition Exercise Sleep Stress Resiliency**

Exp. 5/17 Q. Ctrevorwright Dis. Jwico