

# Stress Relief Week

## **MON. APRIL 13**

Build Your Own Stress Ball

10 a.m.-12 p.m.

Gazebo

Supplies provided by SAMHSA Suicide Prevention Grant

## **TUE. APRIL 14**

Yoga

3-4 p.m.

Lawn in front of Student Center

Gym 110 for rain location

Sponsored by the SAMHSA Suicide Prevention Grant

## **WED. APRIL 15**

Painting Positivity

12-2 p.m.

Gazebo

Supplies provided by SAMHSA Suicide Prevention Grant

## **THU. APRIL 16**

Cows for Consent

10 a.m.-1 p.m.

Lawn Outside of Student Center

In collaboration with the Lee College Title IX Office for Sexual Assault Awareness Month