Wellness Room

OPENING SPRING QUARTER
M-F, 8AM-5PM

- Guided meditation workshops
- Drop-in hours with the Peer Health Educators
- Watch TED talks and discuss during TED Talks & Tea sessions
- Self-guided wellness activities
  - Coloring
  - Puzzles
  - Origami
  - Playdoh
  - Reading
  - Meditation
  - Light stretching
  - and more!