

# Stress Less Week

Monday, December 1 - Friday, December 5

**Monday, December 1  
through Friday, December 5**

**Coffee: 10a-8p**   
Daugherty Hall  
and Alumni Lounge

**Monday  
December 1**

**MYO Scented  
Stones: 11a-1p**

Trabant Food Court  
**Yoga Club sessions:**  
**6p, 7:15p, & 8:30p**  
Ewing Room

**Tuesday  
December 2**

**Massages: 4-7p**  
West Lounge

**Meta Quizzo: 7p**  
West Lounge

**Wednesday  
December 3**

**MYO Reed Diffusers  
with SCPAB: 3-5p**

Perkins Concourse

**PRoUD Puppies: 3-5p**

Perkins Concourse

**Zumba Club session: 7p**  
Collins Room

  
Student  
CENTERS  
PERKINS + TRABANT

Free & Open  
to all UD Students!

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