

INHALE - EXHALE

Take a break in the SUB

MONDAY - DEC. 6

DECEMBER 2021 WEEK 15



- 9-11 Breakfast – Waffle Bar
- 11-1 Finals Survival Kits
- 130 Pause for Paws - Pet Dogs!
- 300 Recharge Bar
- 4-6 BBQ – Dogs/Burgers

TUESDAY - DEC. 7

- 12-3 A+ Massage - Chair Massages
- 300 Recharge Bar
- 330 Guided Yoga Class For All Levels
- 4-6 Taco Tuesday - Taco Bell
- ALL DAY - ZEN ZONE

EVENTS BROUGHT TO YOU BY:



STUDENT ENGAGEMENT & LEADERSHIP

COUNSELING SERVICES

THE DEN

TRIO

ADVANCEMENT & COMMUNITY ENGAGEMENT

WEDNESDAY - DEC. 8 - WEAR HOLIDAY GEAR

- 930 Mindfulness (Zen Den in SUB)
- 11-1 Happy Meals + DIY Ornaments
- 1-3 Coloring + Hot Cocoa Jar Making + Pan Dulce
- 1-4 Lotus of the Moon Activities
- 300 Recharge Bar
- 4-6 Photo Booth w/ Santa Butch + Costco Pizza
- ALL DAY - ZEN ZONE

THURSDAY - DEC. 9

- 930 Mindfulness (Zen Den in SUB)
- 10-11 STCU Crimson Coug Cart Gift Card Giveaway
- 12-2 Social Hour Coffee + Our Cookie House
- 300 Recharge Bar
- 330 Guided Yoga Class For All Levels
- 4-6 Panda Express
- 5-6 HAPO Polar Express Reading - EAST AUD
- ALL DAY - ZEN ZONE

FRIDAY - DEC. 10

- 930 Mindfulness (Zen Den in SUB)
- 1-3 Coug Pride Giveaways – Energy Drinks
- 300 Recharge Bar
- 3-5 SUB Sheet Cake/Costco
- ZEN ZONE until noon



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TRI-CITIES