

Just Breathe

Fall Schedule 2016

Monday, November 28

PUB Main Floor

1 PM-3 PM: Pet a Dog and Feel Less Stressed!
Meet SCC's President, Dr. Cheryl Roberts, and her trained therapy dog, Logan!

Tuesday, November 29

PUB 9102

12 PM-2 PM: Study Room & Snacks hosted by 1st Nations Club

PUB Main Floor

12:30 PM-1:30 PM: College Dogs!

Wednesday, November 30

Veteran's Resource Center (FOSS 5220)

8 AM: Donuts and Coffee (while supplies last!)
10 AM-2 PM: Video Games
11 AM: Pizza Luncheon (while supplies last!)

Greenhouse

12:30 PM-1:30 PM: Nature Walk (meet at the Greenhouse)

PUB 9102

12:30PM-2:30PM: Study Room & Snacks hosted by BSU
2:30PM-4 PM: Study Room plus Snacks hosted by CEO Club

Thursday, December 1

Counseling Center (FOSS 5245)

9 AM-4 PM: *Healthy Snacks, *Jewelry Making, *Arts, Crafts & Games, *Community Puzzle, *Stress Socks, *Stress Management/Study Skills Handouts
10:30 AM-12:30 PM & 1 PM-3 PM: Professional 15-minute Massage for Students (first come, first serve!)

Advising and Success Center (FOSS 5229)

10 AM-4 PM: Eat. Play. Be. Join the Advising & Success Center for snacks, board games, and mindfulness activities

PUB Quiet Dining Room (9208)

11 AM-1:30 PM: Chill-out with Science: Liquid Nitrogen Ice Cream, Biology Sensory Activities, Build a Marshmallow-Spaghetti Tower

PUB 9102

1 PM-2:30 PM: Study Room
Snacks hosted by Alliance of Latino American Students

PUB 9201

12:30 PM-3 PM: Create Your Own Bath Products!

Library

12:30 PM-4:30 PM: Holiday Gift-Giving Crafts with Snacks!

Gymnasium*

12:35 PM-1:25 PM: Zumba in 3025

Friday, December 2

Greenhouse

11:30 AM-12:30 PM: Paint a Pet Rock

Gymnasium*

12:35 PM-1:25 PM: Yoga in 3025

Helene Madison Pool**

6 PM-8 PM: Open Swim

Plus, make your own vision boards in WorkForce Education (FOSS 1st Floor – days & times vary)!

**All activities in the gym require tennis shoes and no hard black soles.*

***SCC students swim for free with current SCC ID! Visit <http://www.seattle.gov/parks/aquatics/madisonpool.htm> for address and schedule information.*

SPONSORED BY: COUNSELING CENTER, ADVISING AND SUCCESS CENTER, OFFICE OF THE PRESIDENT, STUDENT LEADERSHIP CENTER, MULTICULTURAL CENTER, VETERANS RESOURCE CENTER, THE WRITING & LEARNING STUDIO, RAY W. HOWARD LIBRARY, PE/INTRAMURALS, SCIENCE DIVISION (BIOLOGY DEPARTMENT, CHEMISTRY DEPARTMENT, & ENGINEERING DEPARTMENT), CEO PROGRAM, WORKFORCE EDUCATION, SCIENCE CLUB, ENGINEERING CLUB, MENTAL HEALTH AWARENESS SOCIETY, 1ST NATIONS CLUB, BLACK STUDENT UNION, CEO COMMUNITY CLUB, ALLIANCE OF LATINO AMERICAN STUDENTS, & E-LEARNING AND INSTRUCTIONAL MEDIA.

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