

The Department of
Latino and Caribbean Studies

Stress-Relief and Study Break

Wed., Dec. 6, 2017

12:00 pm – 4:00 pm

In lieu of our annual End-Of-Semester meeting, we invite you to enhance your academic success from the inside out.

Enjoy aroma therapy
stress-relief.

Nourishing brain food will be provided such as sandwiches, yogurts, granola bars, and fruit salad. Healthy beverage options include lemon-, cucumber- and lime-water, coconut water, and other assortments of H2O.

A series of 5-minute chair massages will be held in our seminar room.

You can also participate in guided meditation and aroma therapy in our conference room.

CAPS information will also be readily available in the department reception area for additional support.

Lucy Stone Hall

B-Wing, 2nd Floor
Livingston Campus