

Stress Buster Week Schedule

Monday May 5th-Monday May 12th

The Grumbacher Center will be open regular hours all this week! Exercising is a great way to relieve stress ☺

Monday May 5th

Penn/Beard Complex Event:

Cream-a-poolza: Slip-n-slides and a duck race

6:30pm, Beard Hall lawn

Tuesday May 6th

"Stress Free" Career Planning

12pm-2pm, Campbell Hall lobby, Student Union lobby, and Grumbacher Center lobby

Stress/Substance Abuse Screening

12:30pm-3:30pm, Counseling Services

Free 10 Minute Massages

12:30pm-4:30pm, Wellness Resource Room Student Union Room 119

*Sponsored by the Student Affairs Wellness Committee

Manor/Tyler Complex Event:

Marker Wars

7pm, Manor North lawn



Wednesday May 7th

The Science Behind Being Healthy: tips on diet, exercise and stress release

12pm, Grumbacher classroom

"Stress Free" Career Planning

12pm-2pm, Campbell Hall lobby, Student Union lobby, and Grumbacher Center lobby



Thursday May 8th

West Campus Staff Event:

Smores and Stress Balls

6:30pm, by the Brockie volleyball court

Friday May 9th

Reading Day

Manor/Tyler Hall Council Event:

Handing Out Rita's Ice

2pm, Manor North lawn

Saturday May 10th

Stress Buster Weekend Late Night Breakfast

Live Music, Massage Lounge, Snow Cones, Paint Your Own Frisbee, Crafts and More...

10pm-2am, Student Union

Monday May 12th

Pancake Jamboree

8:30pm-10:30pm, Johnsons Dining Hall

Good Luck on Finals!