

De-Stress Fest Events

March 26th & 28th, 2019

Make Your Own Aromatherapy Playdough

Tuesday, March 26
11:00 a.m. & 2:00 p.m.
SCC Lobby

Coloring

Tuesday, March 26
11:00 a.m. - 2:00 p.m.
SCC Lobby

Therapy Dogs

Tuesday, March 26
12:00 p.m. — 2:00 p.m.
SCC Lobby

Make Your Own Aromatherapy Playdough

Thursday, March 28
12:30 p.m. – 2:00 p.m.
SCC Lobby

Coloring

Thursday, March 28
12:30 p.m. - 2:00 p.m.
SCC Lobby



Stressed Out?

Learn How to De-stress with Fun Activities!

Each De-Stress Fest activity is based on the Eight Dimensions of Wellness:

Social	Physical
Emotional	Intellectual
Occupational	Spiritual
Environmental	Financial

(for more information on the Eight Dimensions of Wellness, go to SAHMSA.gov)

Sponsored by :

Counseling & Student Success

Student Community Center

Room 118

973-328-5140 counseling@ccm.edu