

# Fall 2015 TAKE A BREAK Calendar



Brought to you by the Wellness Outreach Committee & Partners: Health Service, Counseling Service, PERA, Wellesley Fresh, Sustainability, Religious & Spiritual Life, Davis Museum, LTS, PLTC, Residential Life, Greenhouse, and Faculty & Staff from Engineering & Political Science

## Wednesday 12/9

- Yoga** 7:15-8:15a (KSC 202)
- APT Study Break** 10-11:30a (PLTC)
- Swim** 11:30-1:30 (KSC pool)
- MYO Snack** 12-1:30p (Tower)
- Spinning** 12-1:30p (Tower)
- Coloring** 12-1p (Stone Center)
- Greenhouse Meditation** 12:30p
- Davis Museum Study Session** 1-4p
- Dodgeball** 1p (KSC)
- Spinning** 2-3p (KSC 150A)
- Open Water Polo** 4p(KSC Pool)
- Yoga** 4p (Chapel)
- Buddhist Meditation** 5p (Chapel)
- Swim** 6-8:30p (KSC pool)
- Self-Defense** 7:30-8:30p (KSC 201)
- Kickboxing** 8-9p (KSC 202)

## Thursday 12/10

- Spinning** 8-9a (KSC 150A)
- Swim** 11:30-1:30 (KSC pool)
- MYO Snack** 12-1:30p (Bae Po Lu)
- Dog Therapy** \*see LTS for times & locations
- Paws 4 Wellness** 12:30-1:30p (Pendleton E)
- Lego Play Party** 2-4p (SCI L024)
- Procrastination Tips** 3:15-4:30p(Stone Center)
- Coloring** 4-5p (Hillel Lounge)
- Swim** 6-7:30p (KSC pool)
- Fab Abs** 7-8p (KSC 201)

## Friday 12/11

- Meditative Walk** 11a-12:30p (Start @ Billings)
- Swim** 11:30-1:30 (KSC pool)
- MYO Snack** 12-1:30p (KSC)
- Coloring** 1-2p (Stone Center)
- Watercolor Painting** 1:30-2:30p (Greenhouse)
- Holiday Baking** 2-4p (MFC kitchen)
- Swim** 6-7:30p (KSC pool)

## Monday 12/14

- Spinning** 10-11a (KSC 150A)
- Coloring** 1-2p (Stone Center)
- Massages** 2-4p (Clapp Library 2nd flr Lobby)
- Buddhist Meditation** 5p (MFC)

## Tuesday 12/15

- Aromatherapy To Go** 1-2p (Leaky Beaker)
- Spinning** 4-5p (KSC 150A)

## Wednesday 12/16

- Greenhouse Meditation** 12:30p
- Spinning** 1-2p (KSC 150A)
- Kickboxing** 8-9p (KSC 201)

## Saturday 12/12

- Kickboxing** 10-11a (KSC 201)
- MYO Snack** 12-1:30p (Bates)
- Watercolor Painting** 1-2p (Greenhouse)
- Swim** 2-4p (KSC pool)

## Sunday 12/13

- Tea in Greenhouse** 10-4 (visitor ctr)
- Musical Meditation** 11a (Chapel)
- MYO Snack** 12-1:30p (Stone Davis)
- Swim** 2-4pm (KSC pool)
- Yoga** 6-7p (KSC 202)
- Moonlight Breakfast** 9-11p (Bates)

**Daily**

- Still Point Guided Meditation** 8-8:20a(Chapel)
- Residence Hall Exam Treats**
- Music in Greenhouses (9th-13th)**
- Marked Wellness Trails**