

MON APRIL 23RD MON APRIL 30TH MON MAY 7TH

RENEW, RELAX, REVIVE

Learn mindfulness and practice meditation to effectively manage stress.

Ransom Hall, 310, 1:15 PM – 1:45 PM

DESTRESS FOR SUCCESS

APRIL 23RD – MAY 8TH

MON APRIL 23RD MON APRIL 30TH MON MAY 7TH

FREE COFFEE MONDAYS

Come enjoy some free coffee to get your day started off right!

Off-Campus Mavericks Lounge, MAC, 8 AM- 1 PM

MON APRIL 23RD "PIZZA" MIND EVENT

Make your own stress kit, win raffles, and enjoy pizza.

Palo Duro Lounge, UC 5:30 PM – 7:30 PM

JOIN UTA FOR STRESS REDUCTION EVENTS BEFORE FINALS. THESE EVENTS OFFER ACTIVITIES TO HELP STUDENTS BE AT THEIR BEST AS THEY FINISH UP CLASSWORK AND PREPARE FOR FINALS.

IF YOU NEED ACCOMMODATIONS TO PARTICIPATE, PLEASE CONTACT CAMPUS RECREATION AT 817-272-3277 OR CAMPUSREC@UTA.EDU AT LEAST FIVE DAYS PRIOR TO THE EVENT DATE.

THUR APRIL 26TH ZUMBATHON: DANCE THE NIGHT AWAY

\$5 per ticket.
Sign up at reclink.uta.edu or at the MAC.

MAC, 5:00 PM – 9:00 PM

TUE MAY 1ST *THUR & MAY 3RD

YOGA IN THE COURTYARD GAMES AND SNACKS

GOAT YOGA

TUE: Architecture Courtyard, 7:00 PM
THUR: Architecture Courtyard, 6:30 PM

(RAIN SITE: MAC 102B)

MON APRIL 30TH – FRI MAY 4TH POSITIVITY PICK-ME-UP/ POSITIVE NOTE WALL

Come pick up a care card for yourself or to give to someone else.

Central Library

MON MAY 7TH & TUE MAY 8TH LATE NIGHT BREAKFAST

Take a break from studying and enjoy a night of breakfast and fun.

Connection Cafe, 9:30 PM – 11:00 PM

SPONSORED BY:

- APARTMENT AND RESIDENCE LIFE
- CAMPUS RECREATION
- COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)
- HEALTH SERVICES
- NEW MAVERICK ORIENTATION
- RELATIONSHIP VIOLENCE AND SEXUAL ASSAULT PREVENTION (RSVP)
- UTA LIBRARIES
- CENTER FOR STUDENTS IN RECOVERY
- MAVS STANDUP

FOR MORE INFORMATION, VISIT UTA.EDU/EVENTS OR EMAIL CAMPUSREC@UTA.EDU