DESTRESS FOR SUCCESS
APRIL 23RD — MAY 8TH

RENEW, RELAX, REVIVE
Learn mindfulness and practice meditation to effectively manage stress.
Ransom Hall, 310, 1:15 PM – 1:45 PM

FREE COFFEE MONDAYS
Come enjoy some free coffee to get your day started off right!
Off-Campus Mavericks Lounge, MAC, 8 AM – 1 PM

"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.

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

YOGA IN THE COURTYARD, GAMES AND SNACKS
TUE: Architecture Courtyard, 7:00 PM
THUR: Architecture Courtyard, 6:30 PM

LATE NIGHT BREAKFAST
Take a break from studying and enjoy a night of breakfast and fun.
Connection Cafe, 9:30 PM – 11:00 PM

POSIITIVITY PICK-ME-UP/POSITIVE NOTE WALL
Come pick up a care card for yourself or to give to someone else.
Central Library

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

SUPPORTED BY:
APARTMENT AND RESIDENCE LIFE
CAMPUS RECREATION
COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)
HEALTH SERVICES
NEW MAVERICK ORIENTATION

RELATIONSHIP VIOLENCE AND SEXUAL ASSAULT PREVENTION (RVSP)
UTA LIBRARIES
CENTER FOR STUDENTS IN RECOVERY
MAYS STANDUP