

December

Wellness Events

Therapy Dogs

Tuesday, December 3rd at 12:00 in the Gym
Come unwind and play with therapy dogs. Start off finals week with the perfect stress relief!

Chair Massages

Thursday, December 5th from 3-6 E117
Sign up for a timeslot for a free chair massage from a local massage therapist.

Meditation with David Walker

Thursday, December 5th at 1:00, December 10th and December 13th at 1:00 all in the Serenity Room.
Take a study break for mediation led by David Walker throughout finals week.

Trail Mix Bar

Wednesday, December 11th
Enjoy a healthy trail mix bar courtesy of the Wellness Initiative outside the library!

GOOD LUCK EVERYONE!!!



ALBANY LAW SCHOOL

WELLNESS INITIATIVE