



# Student Wellness

## **FINALS WEEK OF WELLNESS**

JCCC Student Wellness has prepared a finals week of wellness to include exam relaxation, fun, and stress relieving activities to help you achieve your academic success.

### **DAILY ACTIVITIES - Meditation, Yoga Poses, Fitness, Breathing, Motivational Tips** ALL

with the purpose to enhance relaxation, focus, concentration, memory & overall well-being

**POSTED DAILY ON** JCCC Student Wellness @fitcavs [Facebook](#) & [Twitter](#)

## **TAKE CONTROL TUESDAY**

**11am-1pm** Silly Putty/Wellness Check In/Coloring/Bouncy Balls Commons 1.5 level

*\*\*\*WIN A FIT BIT - Hula Hoop Contest\*\*\**

## **WELLNESS WEDNESDAY**

**10am-12pm** 6 Week Weight Loss Celebration COLAB

**12-2pm** Puppy petting & playtime Outside Commons

**2-4pm** Chair Massage Commons 1.5 level