



Take advantage of these free stress reduction activities to successfully cross the end-of-semester finish line!

TUESDAY, DECEMBER 10

FREE CHAIR MASSAGES

11 am - 3:30 pm / District House B114

Professional massage therapists from Eye Street Massage will be present to offer free chair massages for all GW students. Sign-ups will take place during the event.

RELAXATION STATION

4 - 6 pm / District House B114

Join the Residence Hall Association and Capital Peers for crafts, cookies, and cocoa.

Also, stop by for stress reduction tips and giveaways!

WEDNESDAY, DECEMBER 11

FREE CHAIR MASSAGES

11 am - 3:30 pm / District House B114

Professional massage therapists from Eye Street Massage will be present to offer free chair massages for all GW students. Sign-ups will take place during the event.

MENTAL HEALTH DISCUSSION

4 - 5 pm / Colonial Health Center, G27

This group discussion will allow students to collectively meet with a counselor and discuss self-care and stress management to use during finals and beyond!

MIDNIGHT BREAKFAST

10:30 pm - 12:30 am / Smith Center

Midnight Breakfast is an annual tradition for students to take a break from studying for final exams and enjoy some food and fun!

GWWorld required to enter.

THURSDAY, DECEMBER 12

BREAKFAST BREAK

9 - 11 am / Gelman Library

Start your day off with a breakfast snack! Come grab a granola bar, fruit and a cup of coffee to power you through the finals season, courtesy of the Division of Safety and Security.

ONGOING DECEMBER 8-20

10 FOR \$10 GROUP FITNESS CLASSES

For the Lerner Health and Wellness Center, purchase 10 group fitness classes for \$10! There are plenty of class formats and times to choose from. Package may be purchased in person or online at campusrecreation.gwu.edu/group-fitness.

