









DECEMBER 2024

12 DAYS OF STRESS MANAGEMENT

SUN	MON	TUE	WED	THU	FRI	SAT
<p>1  Positive Affirmations A cup of Positivi-Tea Downloadable Handout</p>	<p>2 Learn To Meditate 10:00am - 11:00am Spirituality Centre</p>	<p>3 Bead Crafting Workshop 12pm - 1pm Senate Room</p>	<p>4 Hot Chocolate & Crafts (Drop In)  11:30pm - 1:30pm Tory Building - 506</p>	<p>5 Calming Winter Spotify Playlists Downloadable Handout</p>	<p>6  Lunchtime Walk 12:10pm - 12:50pm Meet at flagpoles on Library Road</p>	<p>7 Mindful Resources: Books & Podcasts Downloadable Handout</p>
<p>8 Holiday Puzzles Downloadable Handout</p> 	<p>9  Virtual Meditation 12:15pm - 12:45pm Microsoft Teams</p>	<p>10 Learn to Recharge Workshop 12:00pm - 1:00pm Microsoft Teams</p>	<p>11 CUFit Classes FREE for Faculty & Staff today!</p> 	<p>12  Lunchtime Yoga 12:10pm - 12:55pm MacOdrum Library Room 482</p>	<p>13</p>	<p>14</p>
15 	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				