



TUESDAY 4/30

Therapy

Dogs

1-3:00PM

**War Memorial
near OSC**



WEDNESDAY 5/1



Gentle Yoga

no experience required!

10-11:00AM

**Student Rec Center
fitness studio**

WEDNESDAY 5/1



Succulent Potting

1-3:00PM

**Science Learning
Center**

**#mentalhealth
awareness
month**



MAPS
MENTORING, ACCESS,
AND PLATFORMS IN STEM
Center for STEM Support

FRIDAY 5/3

Wear Green

& “Doughnut Stress!”

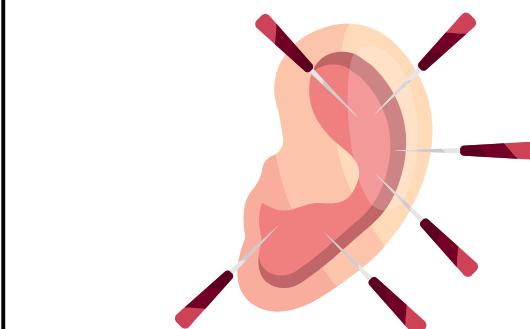
10-11:30AM

CIHHI 1st Floor

**Wear green and pick
up a doughnut to
support Mental
Health Awareness
Month!**



THURSDAY 5/2



NADA

Acuwellness Session

12-2:00PM

CIHHI 1st Floor

2024 Brain Breaks Schedule

For more information: Molly Becker (molly.becker@csupueblo.edu or Shelby Bitz (shelby.bitz@csupueblo.edu)



**COLORADO STATE UNIVERSITY PUEBLO
Wolfpack Counseling**