

Kortschak Center *for*
Learning and Creativity
presents

FEELIN' CONNECTED FRIDAYS

Join us every other Friday at **11-12pm** Pacific Time to experience a different social and creative outlet that will spark connection with peers, help you cope with stress for academics, promote rejuvenation and allow you to discover new interests through meaningful activities!

Location: Student Union Building Suite 311 (STU 311)

*Note: Materials are limited and will be provided on a first come, first served basis.

- **MINDFULNESS OF NATURE- FRIDAY, APRIL 8TH**

- Create a **flower bookmark** to nourish your mind and enhance your focus through exploring and appreciating nature.

- **REBOOTING YOUR ENERGY- FRIDAY, APRIL 22ND**

- Make **slime and lotion** as a study break to relieve stress and optimize productivity to prepare you for overcoming finals!

For more information visit
<https://kortschakcenter.usc.edu/>