



WCU PHILLY
SPRING BALANCE DAY
REALIGN AND DE-STRESS

**THURSDAY, MAY 3RD, 2018
BEGINNING AT 4PM**

- CHAIR MASSAGES (FROM 4-8 PM)
- STRESS RAMS
- THERAPY DOGS (FROM 4-6 PM)
- SNACKS
- RAFFLE FOR WCU SELF-CARE SWAG ALL WEEK
(BEGINNING 4/30/18)

During this busy time of year, take a moment to assess the balance in your life. Consider the ways that you might be able to increase your self-care, particularly as we near the end of the semester. Please submit your self-care summer goal to the front desk for a chance to win WCU self-care swag!

FOR MORE INFORMATION CONTACT: KRISTIN SHELESKY AT KSHELESKY@WCUPA.EDU