



WCU PHILLY **SPRING BALANCE DAY** REALIGN AND DE-STRESS

THURSDAY, MAY 3RD, 2018
BEGINNING AT 4PM

- CHAIR MESSAGES (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)
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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