

WELLNESS WEDNESDAYS

relax and restore

Join us for a midweek recharge! Enjoy a free snack and a series of wellness activities designed to help you relax, recharge, and connect with others.

Wednesdays

**FEBRUARY 12, MARCH 12 & APRIL 9
11 A.M. - 1 P.M. | STUDENT CENTER**

FEBRUARY:

Create a Valentine's Affirmation Garland to power up your self-love and positivity.

MARCH:

Engage in experiential exercises with TWC/VR to promote disability awareness, inclusivity and understanding.

APRIL:

Craft your own stress ball to manage stress and anxiety.

ONGOING ACTIVITIES:

- Coloring/Art Therapy Stations
- Relaxation Zone
- Sand Tray Therapy

HOW DO I JOIN?

Just pop in anytime during the event—stay for 5 minutes or the full 2 hours. It's all about taking time for you!



Scan to learn about our
free counseling services!

Hosted by Counseling Services | Snacks provided by Student Life

Alvin Community College is an Equal Opportunity Institution.

