



BRAIN FUEL WEEK

May 29th - June 2nd



Need to take a break from the stress of studying for finals? Stop by one of these **FREE** Brain Fuel events to de-stress and get focused!



Every day this week: the LPC Richardson Library and the Loop Library will have **FREE** coloring and **button making** Tuesday 5/30 - Thursday 6/1 from 1pm-4pm



Monday, 5/29

Memorial Day Skyscraper Paddle

Join Campus Rec on a paddling trip along Chicago River. Register by 5/23, \$35. Meet at the Ray. 9am-2pm.



Tuesday, 5/30

HPW Taste Testing

Loop 11am-1pm

LPC 11am-1pm

Get free samples of the brain-friendly foods offered by dining services.

Aromatherapy at the Ray

Relax and create your own aromatherapy at the Ray at 4pm.



Wednesday, 5/31

Midweek Meditation

Relax and center your mind during a busy day. Come by the Ray: 12:30pm-1pm.

Dogs on the Quad

Join DAB and some therapy dogs to help you deal with the stress and anxiety that comes up during finals week 12pm-4pm

Relaxing with Robots

Spend some time with robots in the LPC Library 11am-1pm.



Thursday, 6/1

MUBBQ

Come celebrate the end of the academic year at the MUBBQ! Carnival games, summer food, cool photo booth, crafts, and friends! Vincent & Louise Courtyard 5:30-9:30pm

Yoga @ The Loop

Head to the Miraculous Medal Chapel on the 1st floor of the Lewis Center: 4:30pm-5:30pm.

Relaxing with Robots

Spend some time with robots in the Loop Library 11am-1pm.



Friday, 6/2

Mat Pilates @ The Ray

Stimulate your brain with an engaging Pilates workout! Studio C from 12pm-12:45pm.



Keep in mind that University Ministry has **daily Catholic Mass** and many religiously and spiritually diverse **Sacred Spaces** in the Loop and Lincoln Park.

#DPUBrainFuel

DEPAUL
UNIVERSITY
DIVISION OF STUDENT AFFAIRS



*Sponsored by: the Office of Health Promotion and Wellness,
Campus Recreation, University Library, Residential
Education, Dining Services, and the Office of Student
Involvement*

Questions?
Alyssa Rickman
Health Promotion Coordinator
arickma1@depaul.edu