

Wellness Day Schedule

See a session you like?

Therapy Dog
Patton Lobby
11:30am-12pm

Yoga with Dr. Chamberlain
Bring a towel or yoga mat
Room 232
12pm-1pm

Make Your Own Sensory Bag
Room 232
1pm-2pm

Coloring Station
Room 105
2pm-3pm

Expressive Art
Dance with Josh
Manculich
Room 105
3pm-4pm

Mindfulness Sessions
***session every 15**
minutes*
Room 105
3pm-4pm