In celebration of SPIRITUAL CARE WEEK, take a break and ...

BREATHE

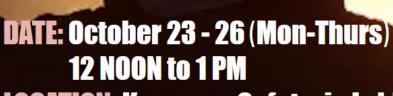
Find your inner peace in the middle of the day.

- Sing-along w/ a guitar, or hear a native flute
- Wisdom story
- Labyrinth walk
- Candle lighting
- Art
- Therapy dog (Monday & Tuesday only)
- Work on a Zen garden sandbox
- Hold a stress ball
- Tea & cookies
- Learn about Spiritual Care / professional chaplaincy









LOCATION: Kaseman Cafeteria Lobby
Offered by the Spiritual Care Department





