

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



DATE: October 23 - 26 (Mon-Thurs)

12 NOON to 1 PM

LOCATION: Kaseman Cafeteria Lobby

Offered by the Spiritual Care Department