

In celebration of **SPIRITUAL CARE WEEK (Week of Oct. 21)**, take a break and ...

BREATHE

Find your inner peace in the middle of the day.

WHEN: Tues 10/22 & Weds 10/23

12 noon to 1pm

WHERE: Kaseman Cafeteria Lobby

- Play the guitar or hear a native flute
- Labyrinth walk
- Therapy dog (*Tuesday only*)
- Zen garden sandbox
- Hold a stress ball
- Meditation bowl
- Tea & cookies
- Community Art - **is available throughout the week in the cafeteria lobby*



Offered by the Presbyterian Spiritual Care Department

