Emotional & Spiritual Wellness Programming
May 2018
LIVEWELL LAFAYETTE

May 1 – May 3: Decorate Kindness Rocks in Farinon atrium 11:50-1:15pm
May 3: Pet a dog outside Farinon 11-1pm
May 4: Complimentary Good Luck Goodie Bags in Farinon 11:50-1:15pm

May 5: Reading Day Relaxation programming in Farinon atrium 11am-1pm
May 7: Tea, Tarts, & Art in Skillman Café 7-8pm

Things to Look Out For:
- Uplifting messages on stickies in building bathrooms
- Inspirational quotes on Skillman desktop backgrounds the week of finals
- Daily quotes on Instagram
- Daily links to Ted Talks in class Facebook groups
- Study strategy posters in dorms posted by RAs
- Motivational wristbands