



SAINTSTRONG

SELF-CARE DAY EVENTS

REST... RELAX... REFLECT

FRIDAY, OCTOBER 22, 2021

8AM-10PM | SIMON FITNESS CENTER OPEN

8AM-10PM | MCNALLY HOUSE

Prayer & Meditation Space

8AM-4PM | MARYVILLE UNIVERSITY/CENTRE TRAILS

Take a stroll and enjoy the beauty of nature

8AM-5PM | LIBRARY

Stress Relieving: Coloring Pages, Stress Balls & More

Sponsored by: Student Success

9AM-5PM | ALL AROUND CAMPUS

(STARBUCKS, DUC, GANDER DINING)

Positivity Boards: Give a message/Take a message

9AM-10AM | DONIUS UNIVERSITY CENTER, QUAD

Yoga MU with Kenytha Harvey

10AM-5PM | LIBRARY, MORTON J. MAY FOUNDATION GALLERY

Explore the gallery: Enjoy the poetic words of various artists

10AM-12PM | DONIUS UNIVERSITY CENTER, ATRIUM

Mindful Spa...Sugar Scrub Creations

11AM-11:30AM | DONIUS UNIVERSITY CENTER, QUAD

Deep Stretch Mobility with Life Coach Sam Gavic

Bring your mat if you have one. A few mats will be available.

11AM-12PM | HUTTIG CHAPEL, SACRED HEART CHAPEL

Mass: Hosted by Catholic Newman Center Priest, Fr. Schneider

11AM-1PM | BUDER COMMONS

Service Project: Blanket Making, Hosted by Knots for Love

Blankets will be donated to Cardinals Glennon Children's Hospital

11:30AM-12:30PM | DONIUS UNIVERSITY CENTER, ATRIUM

Groove & Move ZUMBA with Melanie Gibson

12PM-1PM | GANDER HALL

Stop by the dining hall to enjoy a special treat

Sponsored by: Fresh Ideas

12PM-9PM | DONIUS UNIVERSITY CENTER, CSE

Join the fun with Board Games

1PM-3PM | DONIUS UNIVERSITY CENTER, LJS

Art Therapy-Grab a canvas and design your masterpiece

2PM-5PM | BUDER COMMONS

DIY Relaxation Studio: Color Mandalas & Coloring Books, Journal

Writing, Kindness Rock Painting

3PM-5PM | LIBRARY QUAD

Outdoor Games: Corn Hole, Frisbee, Kan Jam

3:30PM-9PM | SIMON CENTER

Open Gym: Play Volleyball & Basketball

6PM-8PM | DONIUS UNIVERSITY CENTER, LOUIE'S

"Cool Times in Louie's": Come by to pick up an ice cream treat

6:30PM-9PM | DONIUS UNIVERSITY CENTER, QUAD

Outdoor Movie Night: Fantasy Island

Sponsored by: Grow MU

7PM-8PM | BUDER COMMONS

Musician-Morgan Jay

Sponsored by: CAB

SELF-CARE TIPS



VIRTUAL RELAXATION ROOM

