Relaxation Week
Ease Your Mind

Chocolate Madness

Wednesday, June 3rd | A la Carte Café
10 am-1 pm Day School
5 - 6 pm Night School

Chocolate Madness features fruits, marshmallows and Sullivan Bakery creations for dipping in chocolate.

Afterwards, students can use the venue as an area to study!

Chocolate Meditation

(Alternatives for non-chocolate lovers offered)
Student Life Center/Room 225

RENEE RUST-YARMUTH
Director of the Wellness Center/Chaplain
MEDITATION FACILITATOR

Come see how chocolate can help you to distress and relax before finals.

Sign-ups offered up to 4 students at a time in half hour blocks.

Snacks and beverages are free!
Enjoy a break from studying!

For more information contact Kim Atwood in the Student Services office at 502-413-8614 or by email at kdatwood@sullivan.edu.

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