

# Inhale Exhale

DE-STRESS @ THE LIBRARY

**During Finals Week relax and recharge at the Library!**

**Join us on Reading Day for a number of free events meant to help you de-stress and have fun. Stop in any time during the hour of each scheduled event.**

**Wednesday December 11th**

**11-12pm - "Paws" for a Break with a few of our favorite therapy dogs!**

**12-1pm - Free Yoga for Beginners**

**1-2pm - Make your own stress ball!**