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## Since you're here : vol. 09, issue 04 (April 2015)

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## How Can We Help You When You are Feeling Stressed?

### Exam Hours Schedule

Mon 4/20 - Thur 4/23

8am - midnight

Fri 4/24

8am - 5pm

Sat 4/25

9am - 5pm

Sun 4/26

1pm - 9pm

Mon 4/27 - Wed 4/29

8am - midnight

Thur 4/30

8am - 10pm

Fri 5/1

8am - 5pm

Melt your stress away....

## Laughter Yoga

Come exercise your laughter muscles in this light and lively introduction to Laughter Yoga! No need of humor, we will blends playful "laughter exercises" with yoga-style deep breathing (no postures) to yield positive effects on the body, mind, and spirit. No joke: anyone can do it, just come de-stress...

At the Library  
Café Area:

Monday April 13th 5:30pm-6:00pm

Thursday April 16th 12:00pm-12:30pm

Tuesday April 28th 12:00pm-12:30pm

## Get Help with Your Research

Having difficulty locating information for your  
assignment?

Set up an appointment with a librarian to get the  
help you need, saving yourself time and  
frustration



Therapy Dogs  
International  
@ the Library

Monday  
April 27<sup>th</sup>  
3:30-4:30