

The College of Public Health and Counseling and  
Consultation Service invite you to

# Take a study break!

Dec. 7 from 11:30 a.m. - 1 p.m.  
Cunz Hall first floor lobby

Meet a therapy dog, refuel with a yogurt bar and enjoy stress-relief activities as you prepare for final exams and assignments.



Did you know research shows taking purposeful breaks increases your energy, productivity and ability to focus?