

DO NOT PANIC!

De-Stress Days

Your Cure for Exam Week!

We know you're stressed so we're here to help!

Acing your exam starts with
studying your notes,
taking lots of deep breaths,
and eating something yummy!

Pier Room, Student Center East
9:30 am to 11:00 am
Monday, Dec 7 to Friday, Dec 11

Free donuts

Free muffins

Free stress relievers (while supplies last)

**Free "Acing your Exams"
tip sheet**

 **the wellnesscenter**

Brought to you by The Wellness Center
For disability accommodations, contact the Wellness Center
at 312-413-2120, wellness@uic.edu, www.wellctr.uic.edu

