

# Paws for Relief

"Pet your stress away"

December 3rd & December 5th  
Portsmouth & Chesapeake Room

12:30 PM - 1:30 PM  
"Activity Hour"

(located on the 2nd Floor of the  
Webb Center, above the Health Center).

Is it that "time of the year" again?

**STRESSED** for exams? Students who are  
around therapy dogs during Exam Time  
have **lower stress** and do better  
academically!

Come enjoy **FREE FOOD**, information  
on managing stress, and pet your  
stresses away!

Chick-fil-ite

