

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-A

