

STUDENT ENGAGEMENT WEEKLY CALENDAR

GOOD
LUCK
ON
FINALS!

VIRTUAL YOGA

Join a virtual yoga session. There will be breathing exercises to instill calm and reduce stress, light yoga poses with step by step instruction, gentle flow, and restorative poses too! All are welcome—kids and pets climbing around you are welcome and encouraged!

WEDNESDAY @ 10am

Invitation will be emailed to all students!

MAY 11 – 15

REMINDER:

**PRESIDENT PODELL'S
STUDENT TOWN HALL**

MONDAY @ 1 PM

To join the livestream:

*Log into the MassBayYouTube Ch.
or watch on Facebook Live*

MINDFUL MASSBAY

*15 minutes of guided
mindfulness meditation
practice.*

WEDNESDAY @ 3pm

For an invitation, please email:
counseling@massbay.edu.

NETFLIX PARTY:

AVENGERS

THURSDAY @ 8PM

Please visit

www.massbay.edu/studentengagement
for links and instructions

SPOTIFY CONTEST

*Send us a link to your finals
playlist on Spotify! We will post
all entries on our webpage
and the most popular playlist
will win a year subscription to
Netflix!*

Email List to:

studentengagement@massbay.edu

STUDY BREAK NETFLIX PARTY:

DE-STRESS WITH BOB ROSS

TUES & WED @ 12 PM

Please visit

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