De-Stress Fest 2020

Nov. 23 and 24 pick up your De-Stress Fest Kits in Morrill Hall 9 a.m.-5 p.m.
(Only if on campus for classes. Kits will still be available during spring semester.)
Includes: fuzzy socks, knit beanies, coloring pages, crayons, lavender oil, and a holiday ornament decorating kit.

11/30 Kick off of De-Stress Fest
Holiday Movie Kahoot, 7 p.m., prizes for Kahoot winners
Zoom Link: https://osu.zoom.us/meeting/register/tJUofu2qqD8jHdEawERPT2mnlpGcOxbP0QM3

12/1 Relaxation Session, 3-3:30 p.m.
https://osu.zoom.us/j/91792970678?pwd=TlBmSkd2Zll5ZHRCV0dRQUJHZk82UT09&from=addon

12/2 Nerdology, 9:05 p.m., an interactive pop culture trivia show with prizes
Zoom link: https://osu.zoom.us/j/97403936650?pwd=cWg4bXhVUDFHT0dw1k5NXNlR1VUZz09

12/3 - Relaxation Session, 12:30 p.m.-1 p.m.
https://osu.zoom.us/j/91792970678?pwd=TlBmSkd2Zll5ZHRCV0dRQUJHZk82UT09&from=addon

12/4 - Last Day of Classes, Relax today by decorating a holiday ornament.
12/7 - First Day of finals, Great day to smell your lavender oil and relax.
12/8 - Relaxation Session, 3:30-4 p.m.
https://osu.zoom.us/j/91792970678?pwd=TlBmSkd2Zll5ZHRCV0dRQUJHZk82UT09&from=addon

12/8 - Campus Activities Board Gather Town, 7 p.m.
Gather together with Marion students on this video conference platform with avatars, online card games, Tetris, and more. https://gather.town/app/b0Qz3GveVXorC3B0/kl

12/9 - Relax today by coloring a coloring page
12/10 - Relaxation Session, 12:30-1 p.m.
12/11 - Last Day of Finals, Celebrate with a cup of hot chocolate.
12/7-12/11 - Beat MI Pick’em, Check your email for the form
12/12 - Celebrate the end of finals with the Beat Xichigan game

DeStress Fest is presented by CAB, Marion Campus Recreation, Mental Health and Wellness Services, Office of Diversity and Inclusion, and Office of Student Life.