

PEER HEALTH EDUCATORS PRESENT:

*Mental Health Week*

# CREATURE COMFORTS

**DEC. 5**

FREE Lemons: 11:30-12:30 PM, UC Quad  
Act On It: 5-6 PM

**DEC. 6**

DIY De-stress Puddy: 5-6 PM

**DEC. 7**

FREE Lemons: 11:30-12:30 PM, UC Quad  
Sweet & Salty Baths: 11-2PM  
RAD(ical) Self Care: 2-3 PM  
Zine Release Party: 6:30 PM

**DEC. 8**

Make Your Own Bath Bomb: 12-1 PM  
Stress Less Pleasure: 1-2 PM  
DIY Deodorant : 5-6 PM  
Clubs Study Break: 12-5 PM, UC South Lounge/Quad

**DEC. 9**

DIY Tea Blends: 4-6 PM

ALL WORKSHOPS IN RWC DROP IN LOUNGE  
UNLESS STATED OTHERWISE