Mission of the Month: Have a Happy, Healthy Holiday Season!

Feel Good FINALS

Maker Space
Dec. 8 - Dec. 17
William H. Hannon Library
Crafts, Legos, K'Nex, mandala coloring, pop-up button making station, puzzles & more!

Yin Yoga
Dec. 13 // 4:30 - 5:30 p.m.
Burns Rec Center Studio 1
De-stress, relax, and feel rejuvenated with this all-levels yoga class! Visit www.lmu.edu/fitwell for the full finals week class schedule.

Milk & Cookies
Dec. 14 // Evening
William H. Hannon Library Lobby
Enjoy tasty home made cookies while studying!

Table Massages
Dec. 14 - Dec. 16 // 5-8 p.m.
William H. Hannon Library Rm. 236
$20 for a 20-minute massage (students only) with a certified therapist. Visit or call the FitWell Center at (310) 338-3049 to book your appointment.

Therapy Dogs
Dec. 14 - Dec. 16 // 12:01-3:00 p.m.
William H. Hannon Library Lobby
The perfect stress reliever! Take photos & play with dogs.

Boost Your Brain Power for Finals!

Berries: Can improve motor skills, learning capacity, and memory recall.

Vegetables: Can help retain memory and boost brain power.

Chocolate: Natural stimulants contained in chocolate boost the production of endorphins that can improve focus and concentration.

Tea: Can improve memory and focus while combatting mental fatigue.

Water: Can improve visual attention and memory while helping you stay hydrated.

Contact the FitWell Center for More Information @ 310-338-3049
Regarding:

• Personal training, group fitness classes, nutrition consultations, In-Body composition testing, presentations, and more!

• Relax in the Stacks: $20 (students); $25 (faculty/staff) for a 30 minute table massage, Wednesdays from 6-8 pm in Room 324 in the William H. Hannon Library. Visit www.lmu.edu/fitwell to schedule an appointment!

Follow us on Pinterest, Facebook, & Twitter!

www.pinterest.com/burnsreccenter

Brought to you by: The Porcelain Princes
Print your own copy of Stall Talk from www.lmu.edu/fitwell

• FitWell Center located in the Burns Recreation Center • Phone 310-338-3049 •