

BRING YOUR OWN BLANKETS AND PILLOWS

ZEN DEN

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A safe and quiet place for busy students to rest or nap.

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Zen Den is equipped with sleep stations and an environment conducive to rest.

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DATES/TIMES/LOCATIONS:

Student Health Services
[Conference Room]:

starting on October 7th

Mondays & Wednesdays

1:45 pm - 3:15 pm

(except Oct.23rd and Dec. 4th)

Mashouf Wellness Center
[Classroom 105]:

starting on September 30th

Tuesdays & Thursdays

6 am - 8 am

[except Nov. 28th]

