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04-23-2019 De-Stress Fest Planned During SWOSU Finals Week

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Recommended Citation

Southwestern Oklahoma State University, "04-23-2019 De-Stress Fest Planned During SWOSU Finals Week" (2019). *THE BARK ARCHIVE 2019*. 119.
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23 April, 2019



De-Stress Fest Planned During SWOSU Finals Week

De-Stress Fest is planned April 29-May 2 at Southwestern Oklahoma State University as part of the finals week on the Weatherford campus.

Therapy dogs, art/games/puzzles, snacks, easy yoga and more are planned on Monday through Thursday from 1-5 p.m. in Room 145 of the Wellness Center. All SWOSU students are invited.

Therapy dogs will be present on Monday and Wednesday from 1-3 p.m. and Tuesday and Thursday from 3-5 p.m. Yoga will take place daily at 4 p.m.

For additional information about the activities, contact SWOSU Counseling Services at 580.774.3776 or counseling-services@swosu.edu.

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Weatherford Campus

100 Campus Drive
Weatherford, OK 73096

Sayre Campus

409 E Mississippi Ave
Sayre, OK 73662

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Enrollment Management

580.774.3782

PR/Marketing

580.774.3063

Campus Police

580.774.3111



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