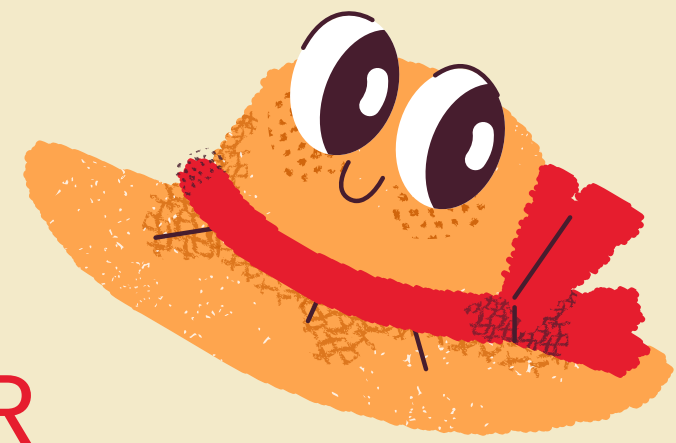




SOUTHWEST
TEXAS COLLEGE



STUDENT SUCCESS CENTER & WRITING CENTER

DE-STRESS FEST



PLANT & PAUSE

MONDAY

BREATHE, UNWIND, AND FEEL

GROUND, 11 AM-1PM



DONUT STRESS TUESDAY

FREE DONUTS, 9AM-11AM



ZENDAY WEDNESDAY

COLOR. BUILD. FIND YOUR

CALM, 10AM-3PM

ALL WEEK: FREE DIRTY SODAS
(WHILE SUPPLIES LAST)

MAY 4-6, 2026 | SSC, BLDG S

FMI: ANA LISA CONDE | 830.591.4152

