

# ***STUFF YOUR STRESS AWAY***

**Wednesday, December 4th**

**SWTX Library**

**12:00 - 1:00 P.M.**



Stuff-a-Plush to de-stress before  
finals and learn more about the VIDA  
Resources Center- coming soon!

\*While supplies last!



**SOUTHWEST  
TEXAS★COLLEGE**

Hosted by: Active Minds Chapter  
and the VIDA Resource Center

