7th Annual Chalk It Up!

Wednesday, May 1, 2013
11 a.m.-2 p.m. • Red Square

SU’s Counseling Center invites the campus community to take some time to relieve end-of-the-semester stress through artistic expression.

Enjoy music, make a stress ball, grab a bottle of water and granola bar to refresh yourself, and add to the art that will cover Red Square.

Enter a contest for the top chalk drawing — the winner receives an SU Bookstore gift certificate.

Step It Up!

Thursday, May 2, 2013
3-5 p.m. • Red Square

The Counseling Center’s STAND4YOU program and the SU POMS Dance Team host an end-of-the-semester celebration during National Dance Week!

Step it up with:

★ KISS 95.9 and DJ Live
★ Music
★ STAND4YOU & KISS 95.9 giveaways
★ Food
★ Informational tables
★ Fun activities

Learn how to help a distressed friend:
For Students:
www.kognitocampus.com/student

For Faculty/Staff:
www.kognitocampus.com/faculty

Enrollment key: Salisbury51

For more information, contact the Counseling Center:
410-543-6070
www.salisbury.edu/counseling

This project was developed under grant number 060511 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.