Join the Library System, the Zuckerman Museum of Art, and Employee Wellness for a mid-day break! Get creative in the name of health, happiness, and stress relief. No registration is necessary; simply drop by! Learn more at employeewellness.kennesaw.edu, or contact Dessi Tzankova at 470-578-3244 or dtzankov@kennesaw.edu.

**WEEK 1**

**Wednesday, July 19**  
11:30 am – 1:30 pm  
Location: Sturgis Library  
1st floor, OwlView Area  
Stretch & Strength Break  
Learn how to relieve tension throughout the body with simple stretches for the office. Re-energize through a light, safe, & effective strength training circuit using body-weight and a band. Thera-bands are provided (latex-free option available upon request).

**Thursday, July 20**  
11:30 am – 1:30 pm  
Location: Zuckerman Museum  
Slow Looking Slow Down  
Thoreau said, “The question is not what you look at, but what you see.” Take in a work of art with a docent and your colleagues through careful contemplation and friendly conversation.

**WEEK 2**

**Wednesday, July 26**  
11:30 am – 1:30 pm  
Location: Sturgis Library  
1st floor, Reading Lounge  
Take a Reading Break  
Read for leisure! Peruse a wide variety of current magazines (supported by funding from the Friends of the Library), recent book acquisitions, and current newspapers.

**Thursday, July 27**  
11:30 am – 1:30 pm  
Location: Zuckerman Museum  
The Big Build  
Steal a moment from your day for your inner child. Have fun and get silly with the KSU community as we build a collaborative sculpture in the middle of the museum out of pipe cleaners. Yes! Pipe cleaners!

**WEEK 3**

**Wednesday, August 2**  
11:30 am – 1:30 pm  
Location: Sturgis Library  
1st floor, Reading Lounge  
Take a Reading Break  
Read for leisure! Peruse a wide variety of current magazines (supported by funding from the Friends of the Library), recent book acquisitions, and current newspapers.

**Thursday, August 3**  
11:30 am – 1:30 pm  
Location: Sturgis Library, 2nd floor, Athenaeum Gallery  
Color the ZMA  
The museum will be closed for installation, but you can still take an art break! Join the ZMA at the Library for a bit of coloring, chatting with friends, and taking a moment to relax.