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# S U M M E R C H I L L M I N I S E R I E S

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](http://employeewellness.kennesaw.edu), or contact Dessi Tzankova at 470-578-3244 or [dtzankov@kennesaw.edu](mailto: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!



Library System  
Employee Wellness  
Bernard A. Zuckerman Museum of Art

## 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.

