

DE-STRESS FOR FINALS

Dec. 3rd thru Dec. 21st



LASSEN COMMUNITY COLLEGE

"Your outfitters for success at LCC!"

ALL WEEK-WEEK 1

- ★ FREE EXAM STUFF-BLUE BOOKS, SCANTRONS, PENCILS AT SUMMIT ROOM (BASECAMP CA 209)
- ★ RECHARGE ZONE- AROMATHERAPY, MAKER SPACE, POWER NAPPING IN THE SUMMIT ROOM 8:30 AM TO 4:30 PM. HEALTHY GRAB N GO SNACKS.
- ★ EVENING STUDY PLACE-LEARNING CENTER MONDAY THRU THURSDAY 5PM-7PM

MON DEC. 3

- ★ FREE CHAIR MASSAGES WITH A MASSAGE THERAPIST IN THE RECHARGE ZONE (SUMMIT ROOM) 10 AM-2 PM. SIGN-UPS START AT 8:30 AM @ STUDENT HELP DESK.

★ **TUES DEC. 4**

FILL OUT YOUR FRIGGIN FINANCIAL AID FIRST WORKSHOP-8AM - 8PM SUMMIT ROOM.

WED DEC. 5

- ★ BLOOD DRIVE 10:15 AM TO 2:45 PM IN CAFETERIA
- ★ COUGAR CUPBOARD -STUDENT FOOD PANTRY OPEN 10 AM-2 PM
- ★ YOGA IN THE RECHARGE ZONE (SUMMIT ROOM) NOON - 1 PM

THUR DEC. 6

- ★ GUIDED MEDITATION IN THE RECHARGE ZONE (THE SUMMIT ROOM) NOON-1PM

FRI DEC. 7

- ★ FESTIVE POTLUCK PARTY FOR THE HOLIDAYS IN THE RECREATION ROOM (DORMS) 4:30 PM TO 5:30 PM. LCC EMPLOYEES WILL HOST A DINNER WITH HEARTFELT FOOD MADE ESPECIALLY FOR OUR STUDENTS. PLUS, A SPECIAL TREAT-THE SUSANVILLE CHORAL SOCIETY WILL PERFORM FROM 5 PM TO 5:30 PM.

BOOKSTORE 20% SALE DURING DEC. AND 50% ON SELECTED ITEMS.

COUGAR
COUNTDOWN

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ALL WEEK-WEEK 2

- ★ FREE EXAM STUFF-BLUE BOOKS, SCANTRONS, PENCILS AT SUMMIT ROOM (BASECAMP CA 209)
- ★ RECHARGE ZONE- AROMATHERAPY, MAKER SPACE, POWER NAPPING IN THE SUMMIT ROOM 8:30 AM TO 4 PM. HEALTHY GRAB N GO SNACKS.
- ★ EVENING STUDY PLACE-LEARNING CENTER MONDAY THRU THURSDAY 5PM-7PM

★ MON DEC. 10

FREE CHAIR MASSAGES WITH A MASSAGE THERAPIST IN THE RECHARGE ZONE (SUMMIT ROOM) 10 AM-2 PM. SIGN-UPS START AT 8:30 AM AT THE STUDENT HELP DESK.

TUES DEC. 11

- ★ YOGA IN THE RECHARGE ZONE (SUMMIT ROOM) NOON - 1 PM

WED DEC. 12

- ★ COUGAR CUPBOARD -STUDENT FOOD PANTRY OPEN 10 AM-2 PM
- ★ BRAIN FOOD COOKING 2PM-4 PM AT BASECAMP. CREATE, MAKE, TAKE SNACKS THAT PROVIDE FUEL FOR FINAL EXAMS

THUR DEC. 13

- ★ BAGEL THURSDAY 8:30 AM-11 AM OUTSIDE BY BOARD ROOM

★ FRI DEC. 14

LCC MEETUP-DECORATING COOKIES AND MAKING CHRISTMAS CARDS 5 PM TO 7PM AT BASECAMP.

LCC 
MEETUPS

A CHANCE TO GET TOGETHER, MEET PEOPLE, ENGAGE AND HAVE FUN AS A LCC STUDENT.

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**base
camp**
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ALL WEEK-WEEK 3

- ★ FREE EXAM STUFF-BLUE BOOKS, SCANTRONS, PENCILS AT SUMMIT ROOM (BASECAMP CA 209)
- ★ RECHARGE ZONE- AROMATHERAPY, MAKER SPACE AND POWER NAPPING IN THE SUMMIT ROOM 8:30 AM TO 4 PM. HEALTHY GRAB N GO SNACKS.
- ★ EVENING STUDY PLACE-LEARNING CENTER MONDAY THRU THURSDAY 5PM-7PM
- ★ FREE ALL DAY CEREAL BAR AT BASECAMP IN SUMMIT ROOM
- ★ STUDENT APPRECIATION WEEK-VISIT THE SUMMIT ROOM AT BASECAMP AND RECEIVE A COMPLEMENTARY LCC FLASHLIGHT KEY CHAIN. 8 AM-4:30 PM

★ WED DEC. 19

COUGAR CUPBOARD -STUDENT FOOD PANTRY
OPEN 10 AM-2 PM

**WISHING ALL
COUGARS
GOOD LUCK ON
FINAL EXAMS!**



**BOOKSTORE 20% SALE DURING DEC.
AND 50% SALE ON SELECTED ITEMS.**