

New Staff Wellness Room



There is a new space for staff designed to help you recharge, relax, and prioritize your well-being. Located on the 1st floor (Room 1007), the Wellness Room is perfect for a quick break, some peace and quiet, or a moment of mindfulness.

What's Inside

- **Comfortable seating** for relaxation (try the massage chair!)
- **Soft lighting** to create a calming atmosphere
- **Meditation and mindfulness resources (sound machine)** to ease your mind
- **Quiet space** for focus and reflection
- **Ample space** to stretch out on a yoga mat
- **Other hands on activities** to promote relaxation including adult coloring, knitting, and crocheting

Why You Should Visit

- Reduce stress
- Boost your energy and focus
- Enhance mental clarity
- Prioritize your health and wellbeing in a peaceful environment
- Recharge your mind and body



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