

HANLEY LIBRARY

Wellness Room

for Mind, Body, & Spirit



MEDITATE,
PRAY, OR
REFLECT



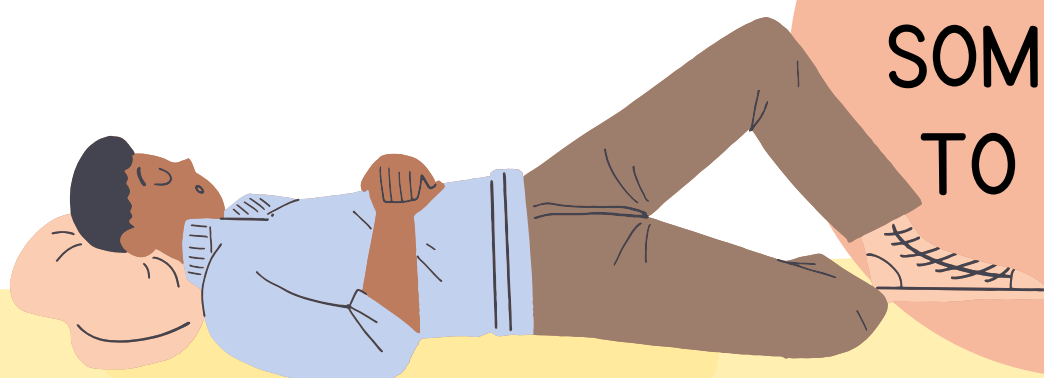
COLOR
OR
DOODLE



RELAX
WITH
A BOOK



LISTEN TO
MUSIC,
A GUIDED
MEDITATION, OR
RELAXING
SOUNDS



TAKE
SOME TIME
TO RELAX



ROLL OUT
A
YOGA MAT

Supplies are located in the Wellness Room (224 Hanley Library)

**This room is similar to a library study room.
Using your Pitt ID, one person at a time can check it out
and use the room for one hour.**