Some inspiring words for the end of the semester:

“You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it.” – Maya Angelou

“Continuous effort - not strength or intelligence - is the key to unlocking our potential.”
– Winston S. Churchill

“It’s not that I’m so smart, it’s just that I stay with problems longer.” ~ Albert Einstein

“It always seems impossible until it’s done.” – Nelson Mandela

Take time to keep yourself centered & strong:

Wellness Day is Wednesday, May 3rd - 10am Prayer at the Peace Pole
2:30 – Guided Meditation at the Chapel
3:00-6:00 Mini Massages in Withey Lobby
2:00-4:00 – Tea Party in Lobby or Withey Garden (if sunny)
   - Kite Flying (get your kite in Withey Garden)
4:00 – Group Run 3-4 miles (meet in Withey Lobby)
6:00-7:00 – Yoga in Bogue Movement Studio
6:00-8:00 – Drop in Dodgeball in Waldron Athletic Center

World Labyrinth Walk - Saturday, May 7th
“Walk as One at 1pm” – Meet at the Labyrinth

Ackley Chapel is open and available to you for quiet study, yoga, prayer & meditation.

Come to the Chaplain’s Office on Friday for cookies & encouragement - 12:00 until 3:30.
(201 Richardson). Take a break! Shirley.oskamp@greenmtn.edu