



# Spring Break Schedule

## MARCH 25-MARCH 30, 2024

### TUESDAY, MARCH 26

**11AM:** Breath and Meditation with Meditation Disruption

Experience relief from stress and anxiety with easy Breathwork techniques and meditation breaks. (Fifth Third Bank Family Pavilion)

**12PM:** Vision Board Your Future with Sentient Self Co.

Create personalized vision boards together, fostering unity and inspiration. All materials provided! (Culture Corner)

**1PM:** Exploring STEM Wonders: A Journey of Discovery with A Bit Different

Explore hands-on STEM projects, interactive activities, and newfound STEM appreciation. (Food Experience Corridor)

**1:30PM:** Rhythm & Confidence Double Dutch & Jump Rope Games with THUG Hippyie

Experience Double Dutch fostering individual success and teamwork. Engage in single rope games for a fun, supportive atmosphere of shared achievement! (Fifth Third Bank Family Pavilion)

**2:30PM:** Finding The Simple Good In You with The Simple Good

Join our Art-based SEL workshop to discover 'The Simple Good' within. Through self-portrait creation, foster self-awareness and positivity in our youth. (Culture Corner)

**3:30PM:** Relaxation Sound Bath with Virtue Alchemy Candle Co

Relax deeply with singing bowls and chimes. Reduce stress, gain mental clarity, and emotional balance. Depart with candle and affirmation for ongoing positivity. (Fifth Third Bank Family Pavilion)

**4PM:** Beat Unity: World Waves Drum Circle Workshop with Guided Meditation by Manimala Studio

This dynamic event invites participants of all ages and backgrounds to delve into the power of rhythm in uniting communities. (Food Experience Corridor)

**5PM:** Paint the Future with Women's LIVE Artist Studio

Explore acrylic painting's boundless possibilities. Envision a vibrant, expressive future in our empowering workshop with WLAS. (Culture Corner)

*Schedule subject to change.*