



StressBreaks Schedule
20-minute sessions – Breathing, Stretching & Relaxation Exercises

Date	Location	Room	Session Times
Tuesday, November 12	Emory Johns Creek Hospital	1 st Floor, Suite 109	7:30am and 2:00pm
Thursday, November 14	EUOSH	1 st Floor Classroom	12:00pm and 12:30pm
Monday, November 18	Executive Park	2 nd Floor, Main Conference Room	2:00pm and 2:30pm
Tuesday, November 19	Decatur Plaza	1 st Floor, Room 131	11:30am and 12:30pm
Wednesday, November 20	B. Jones Building	4th Floor Breakroom	12:00pm and 12:30pm
Thursday, November 21	Emory University Hospital Midtown	Woodfuff C	12:00pm and 12:30pm
Friday, November 22	Human Genetics Building	1 st Floor Conference Room	11:30am and 12:30pm
Tuesday, December 3	The Emory Clinic (B)	Building B, Room B-6300A	12:00pm and 12:30pm
Wednesday, December 4	Campus Services	Building B, Training Room	11:30am and 12:30pm
Wednesday, December 4	North Decatur Building	2 nd Floor, Kennesaw Room	1:30pm and 2:30pm
Thursday, December 5	Wesley Woods	Budd Terrace, Eventide Room	2:00pm and 2:30pm
Thursday, December 5	Emory Saints Joseph's Hospital	Ground Floor, Classrooms 2-3	1:00pm and 2:00pm
Friday, December 6	Emory University Hospital	2 nd Floor, Classroom B-C (near auditorium)	12:00pm and 12:30pm