

## Library Activity: Stress Relief for UM Students During Exam Period (29/04/2013)

Dear All,

During the examination period, the Library will be hosting the following events to help our students relieve stress.

### (1) Relax with Free Snack

During the exam period, library staff will hand out free chocolate bar or drink essence to students near the main entrance to the Library when students leave the Library. Those snacks are available on first-come-first-served basis and while stock last. The distribution time is from 11 am to 11:30 am and from 3 pm to 3:30 pm of **30 April, 2-3 and 6-9 May**. Don't miss your chance.

### (2) Welcome to the Library's Stress-Free Zone -- "Spiritual Healing Book Corner"

We have created Spiritual Healing Book Corner and have organized an inspirational collection with over 200 books about life so as to motivate and inspire our students with positive thinking. The corner is located near the elevator at the second floor of the Library. Please come to visit it and find your favorite books there.

Please let us know at [lib\\_ref@umac.mo](mailto:lib_ref@umac.mo) if you have any questions or opinions in relation to the above-mentioned events.

Thank you for your kind attention.

UM Library



