



**FUN FILLED  
WEEK OF  
ACTIVITIES**



# Countdown to **CLOSEOUT**

**APRIL 14-19**

**2024**

**GREAT  
GIVEAWAYS**



Scan Here



**SUN  
APRIL  
14**

## **"FAST AND FURIOUS" MOVIE**

**3 - 5 PM (EST) - B115 Wells Hall**

Whether you're a lifelong "Fast and Furious" fan or a newbie, you are invited to Residence Hall Association's "Fast and Furious" at Campus Center Cinemas! We will be having giveaways throughout the event and students will have an opportunity to get special apparel. We will provide snacks. For more information please visit <https://rha.msu.edu>.



**MON  
APRIL  
15**

## **SPARTAN REJUVENATE & RENEW DAY**

**12 - 1 PM (EST) - MSU Student Services Bldg., Leadership Center (Room 110)**

Join Dr. Meg Moore for a session on relaxation and rejuvenation techniques to prepare for your upcoming finals week. She will share best practices in mindfulness and meditation. Don't miss this session on rejuvenation and relaxation to set the stage for success as you close out the year. A light grab and go snack will be provided to all participants.



**TUES  
APRIL  
16**

## **CELEBRATE WELLNESS & SELF-CARE AT THE SPARTAN KICKBACK EVENT**

**7:30 - 9:30 PM (EST) - MSU Union**

MSU Union Collaborative Partners: Office of Cultural & Academic Transitions (OCAT,) and MSU Registered Student Organizations (RSO). Join us for the Spartan Kickback event to take a break, relax, and connect with others at the MSU Union. Don't miss this opportunity to prioritize your well-being. Event Highlights: mental wellness activities, adult coloring, bracelet making, music from Impact Radio, Self-care kit creation, and delicious food. Hosted by the Office of Spartan Experiences in collaboration with OCAT and MSU student organizations.



**WED  
APRIL  
17**

## **YOGA/MEDITATION EVENT & WELLNESS ENGAGEMENT FAIR**

**12 PM (EST) - IM East**

Guided meditation sessions will be provided at 12 PM (EST) in the IM East Multipurpose Room. The wellness engagement fair will provide engaging wellness events and activities. Check Rec Sports website for more event information or designated activity event times at: <https://recsports.msu.edu/>  
Collaborative Partners - Recreational Sports and Fitness



**THURS  
APRIL  
18**

## **SPARTAN SPIRIT DAY**

**ALL DAY**

Post your favorite highlight of the year or a picture of you wearing your favorite Spartan Gear on [#COUNTDOWNTOCLOSEOUT2024#](https://twitter.com/COUNTDOWNTOCLOSEOUT2024)



**FRI  
APRIL  
19**

## **EN"VISION" YOUR SUMMER!**

**11- 1 PM (EST) - MSU Student Services Building, Leadership Center (room 110)**

Join us for a session where you have the opportunity to create your own summer vision board. Map out your success for the summer.

## **ULTIMATE SPARTAN FINALS THRIVE PACKAGE GIVEAWAY**

**11- 1 PM (EST) - MSU Student Services Building, Leadership Center (room 110)**

Join us for an **ULTIMATE SPARTAN FINALS THRIVE PACKAGE GIVEAWAY**. Spartans will have a chance to pick up a package containing items to help prepare for and be successful during finals. Don't miss out!