

# Create a Stress Ball Markham campus

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**Dates:** Tuesday November 26, 2024

**Time:** 12-1pm

**Location:** Cafeteria

Description:

Looking for a way to relax? Join us on Tuesday, November 26th from 12:00 – 1:00 pm to create your very own stress ball at the Markham Campus, Cafeteria. This fun and hands-on activity is a great way to relieve stress and express your creativity. Come unwind and make something that you can help you with those everyday challenges!

All materials will be provided.

\*Date and location are subject to change.