



**NIAGARA UNIVERSITY**  
**SELF CARE DAY**  
**THURSDAY, MARCH 25TH**  
**REST, RELAXATION &**  
**ENGAGEMENT!**

**SELF CARE DAY - FREE LUCKY BAMBOO**

12:00pm til they are gone! - Lower Level of Gally & Kiernan Center

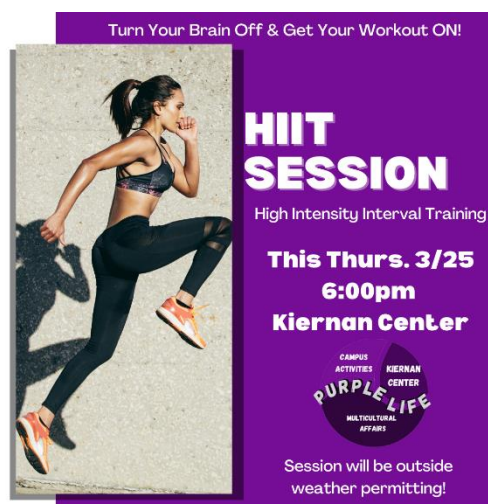
Get a little green in your life! Stop by lower level of Gally or over at Kiernan for all the supplies to make your own lucky bamboo plant & vase!



**HIIT SESSION**

6:00pm – Kiernan Center

Turn your brain off and get your workout on! Check in at the front gym and be ready as weather permitting the session will be held outside on the lawn by the tennis courts!



## THURSDAY NIGHT TRIVIA

9:00pm - <https://www.crowd.live/Hero>

Thursday Night Trivia (TNT) is better than ever in Spring '21! New themes all the time! Theme this week is SUPERHEROS!

TNT is offered for all students online so be sure to long on and play for your chance to win! \$250+ in Amazon gift cards are up for grabs for the top 5 finishers. Faster you answer the more points you receive!



Self-Care Day programming is coordinated through NU's Purple Life initiative, a collaborative effort within the Student Affairs sector from the departments of Multicultural Affairs, Kiernan Recreation Center, and Campus Activities.