

Share YOUR exam stress busting tips
with UofG students

UNIVERSITY
of GUELPH

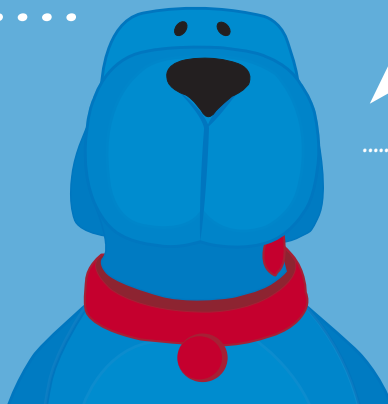
take a paws.....

LOVE!

@OVCPetTrust

@UGLibrary @OntVetCollege

#UGStressBusters



.....My name is Buster

#UGStressBusters

U of G Students have a chance to de-stress with St. John Ambulance therapy dogs at U of G's McLaughlin Library April 5th & 6th. First 500 students get their very own limited edition 'BUSTER'. Register at www.lib.uoguelph.ca.

Did You Know?

Interaction with dogs decreases stress levels
and increases sense of well-being?

The University of Guelph Library has partnered with members of the St. John Ambulance Therapy Dog program, OVC Pet Trust and the Ontario Veterinary College to offer students the opportunity to take a mental and physical break from their studies to interact with loving, experienced therapy dogs. This event is part of the Exam Stress Busters Program led by the team at U of G's McLaughlin Library.

We want YOU to join the conversation:

Share YOUR exam stress-busting tips with UofG students

-  **Write your tip** on the attached bone poster
-  **Take a photo** of your tip, Buster the dog and yourself
-  **Post it on social media** with the hashtag **#UGStressBusters**

Post your tips any time after 12 noon on Monday, April 4, 2016

Students: Register TODAY to book your time to de-stress with St. John Ambulance therapy dogs at www.lib.uoguelph.ca

Follow Buster's adventures across campus using **#UGStressBusters**

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