The R&R Squad provides hands-on, low-intensity stress reduction and relaxation activities. Loosen tight muscles, learn about wellness resources, boost energy, and feel better!

Mondays
5 - 6pm
Geisel East Commons

Wednesdays
1 - 2pm
The Zone

Thursdays
5 - 6pm
The Zone

(The Zone is located at PC next to Jumba Juice)

Learn more about our programs at zone.ucsd.edu