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!

**Tuesdays**
4 to 5
Geisel East Commons

**Wednesdays**
1 to 2
the zone

**Thursdays**
5 to 6
the zone

Learn more about our programs at zone.ucsd.edu