Brain Booth

Drop-In Hours
Wednesdays & Thursdays
11 am - 3 pm

Everyone is welcome!

~ Stop by and relax ~

Try out biofeedback, sound and light therapy, VR goggles, coloring, meditation, and other activities that promote intentional brain breaks and support emotional self-regulation and singular thoughtful focus.

Brain Booth Designated Open Space (BBDOS)
Library 2nd Floor