

Fall 2025 De-Stress Fest

Helping Students Prepare for Academic Success

Relax with us,
take a break
and rejuvenate.



Event: Relaxation Stations

Date: Monday, December 1, 2025 – Friday, December 12, 2025

Time: 10:00 A.M. – 4:00 P.M.

Location: Library Foyer, S-410

Description: Find an array of puzzles and games set up every day of destress fest in front of the library. Pop in for a little fun and relaxation.

Event: Exhale to Inhale: Healing Yoga

Date: Tuesday, December 2, 2025

Time: 11:00 A.M. – 12:00 P.M.

Location: Main Campus (199 Chambers Street), N-471

Description: This is a weekly, trauma-sensitive class that blends gentle movement, breathwork, and grounding practices to help you release stress and reconnect with your body. All levels are welcome—no experience needed. Come as you are, move at your own pace, and leave feeling steadier, softer, and more present. Mats and props provided; wear comfortable clothing.

Event: Ballroom Culture

Date: Tuesday, December 2, 2025

Time: 5:00 P.M. – 7:00 P.M.

Location: Main Campus (199 Chambers Street), S-144

Description: The house-vogue system developed by LGBTQIA+ African Americans and Latinx Harlemites is a complex underground subculture that's been developing since the 1960s and that we now simply refer to as ballroom. Ballroom is an amalgamation of drag, runway modeling, and beauty pageantry that, in turn, has created communities, houses, and scenes that are site-specific ecosystems with their place-making practices, which have been long-sustained by trans, queer, and nonbinary people. As with any subcultural movement- and dance-based practice, vogue has foundational elements or body movements—namely hand performance, floor performance, catwalk, duckwalk, and dips—that distinguish it from other complex urban or community expressions. Step into the spotlight and discover the heart and history of ballroom/kiki/vogue cultures. Register here: www.bmcc.cuny.edu/cbi

Event: Crochet

Date: Tuesday, December 2, 2025 & Friday, December 12, 2025

Time: 11:00 A.M. – 1:00 P.M.

Location: Library Foyer, S-410

Description: Join us in front of the library for a peaceful crocheting event. All supplies will be provided.

Event: Chess

Date: Wednesday, December 3, 2025 & Wednesday, December 10, 2025

Time: 12:00 P.M. – 2:00 P.M.

Location: Library Foyer, S-410

Description: Join us in front of the library for a friendly game of chess. Test your skills against fellow chess masters or relax with a friendly chess game.

Event: Silent Disco

Date: Wednesday, December 3, 2025

Time: 12:30 P.M. – 4:00 P.M.

Location: Main Campus (199 Chambers Street), Cafeteria

Description: Come dance and destress at the Silent Disco, as you free your mind and body through the sounds of different music, that'll make you move your cares away and prepare you to walk into finals with an extra pep in your step.

Event: Snooze Fest

Date: Thursday, December 4, 2025

Time: 12:00 P.M. – 3:00 P.M.

Location: Main Campus (199 Chambers Street), N-790

Description: Are you feeling tired or stressed out? Well then, come de-stress with Conexiones, Crear Futuros, and the Coalition Club! We're hosting a sleep room setup for you to go in and take a nap and rest your body from final exams. Light Refreshments will be provided.

Event: Get Fit Well-Nutrition Classes

Date: Thursday, December 4, 2025

Time: 2:00 P.M. – 3:00 P.M.

Location: Main Campus (199 Chambers Street), Richard Harris Terrace Promenade

Description: BMCC's Health Services, invites you to experience our Get Fit Well Nutrition classes. Learn practical tips for healthy eating, meal planning, and portion control. This is perfect for students, faculty, and staff who want to build lasting healthy habits and a healthier lifestyle.

Event: Classic Movie Afternoon

Date: Thursday, December 4, 2025

Time: 2:00 P.M. – 5:00 P.M.

Location: Library Classroom, S-410M

Description: Come join the library to watch a screening of the classic fairy tale Beauty and the Beast. Light snacks will be provided.

Event: Creative Calm: Art-Based De-Stress Activity

Date: Friday, December 5, 2025

Time: 2:00 P.M. – 4:00 P.M.

Location: Main Campus (199 Chambers Street), Cafeteria

Description: Before finals hit, take a break with us to de-stress through creativity! You will be guided through journaling, drawing, and music activities designed to help you unwind. This in-person event is open to all students looking for a moment of calm and expression. No artistic experience needed—just bring yourself.

Event: Painting

Date: Monday, December 8, 2025

Time: 1:00 P.M. – 3:00 P.M.

Location: Library Foyer, S-410

Description: Come join us in front of the library for this relaxing painting event. All supplies will be provided at the event. Paint your own mini canvas!

Event: Chair Massage

Date: Tuesday, December 9, 2025 – Thursday, December 11, 2025

Time: 11:00 A.M. – 5:00 P.M.

Location: Main Campus (199 Chambers Street), Commuter Lounge by Cafeteria

Description: Students can recharge and relax with 10-Minute chair massages from licensed massage therapists.

Event: Life Dance/Biodanza – Embracing Endings, Inviting Beginnings

Date: Tuesday, December 9, 2025

Time: 3:00 P.M. – 5:00 P.M.

Location: Main Campus (199 Chambers Street), Richard Harris Terrace

Description: Life Dance/Biodanza is all about moving, connecting, and feeling good—inside and out. Often called “meditation through dance,” it blends music, movement, and group dynamic to spark joy, boost energy, and create a sense of belonging. Rooted in the belief that dance is a universal language, Life Dance/Biodanza helps you connect with yourself, others, and the world through simple, life-affirming movements. While Biodanza is not therapy, it definitely has therapeutic effects: it fosters emotional balance, creativity, and meaningful relationships while offering a safe, fun space to de-stress and express yourself. Now in its second semester at BMCC, it’s open to all students, staff, and faculty—facilitated by Pablo Concha. Register here: www.bmcc.cuny.edu/cbi

Event: Meditation Techniques for Students

Date: Wednesday, December 10, 2025

Time: 11:00 A.M. – 12:00 P.M.

Location: Fiterman Hall (245 Greenwich Street), F-730B

Description: Learn some simple meditation techniques you can use anytime-between classes, before exams, or when you need a reset.

Event: Athletics Free Throw Shooting Contest

Date: Thursday, December 11, 2025

Time: 12:00 P.M. – 1:00 P.M.

Location: Main Campus (199 Chambers Street), BMCC Gymnasium

Description: Come unwind down in the BMCC Gymnasium and compete in a free throw shooting contest for a change to win Athletics Swag.

Event: Intercultural Festival

Date: Friday, December 12, 2025

Time: 10:00 A.M. – 1:00 P.M.

Location: Main Campus (199 Chambers Street), BMCC Gymnasium

Description: Early Childhood Center, Inc.’s Intercultural Festival will bring the BMCC community together to celebrate our diversity and highlight our talents!

Event: Chair Massage

Date: Saturday, December 13, 2025

Time: 1:00 P.M. – 5:00 P.M.

Location: Main Campus (199 Chambers Street), Commuter Lounge by Cafeteria

Description: Students can recharge and relax with 10-Minute chair massages from licensed massage therapists.