



# D.I.Y. Stress Balls for Teens

Tuesday, May 3rd @ 4:00 p.m.-4:45 p.m.

Does the thought of upcoming finals and regents exams have you feeling stressed? We've got a remedy for that! Have fun making stress balls that you can use to de-stress anytime you need, or just have fun!

Register online at [www.mattitucklaurellibrary.org](http://www.mattitucklaurellibrary.org)  
or email [sara.colichio@mattlibrary.org](mailto:sara.colichio@mattlibrary.org).