Soothing feelings at Eastern

Fresh Check Day, a wellness event sponsored by the Jordan Porco Foundation, was held in the Betty Tipton Room in the Student Center at Eastern Connecticut State University Thursday. Its aim is to support students’ resilience and to help develop positive coping strategies for mental health. The event featured interactive and fun activities, such as sound meditation, pet therapy, aromatherapy and much more. Here, ECSU student Amanda Stanton, a junior from Colchester, pets Penn, a Labradoodle, while talking to owner Susan Stewart Thursday afternoon. Penn was one of several therapy dogs on hand from the Cold Noses Warm Hearts program.