

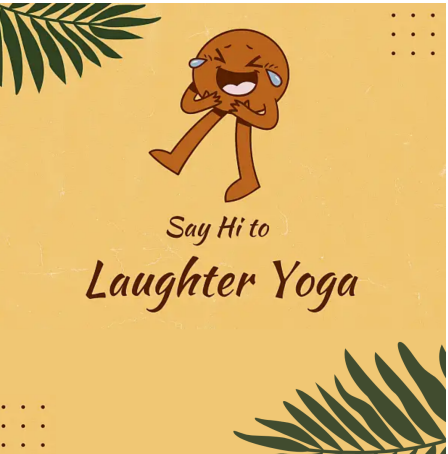
FRIDAY GREETINGS

FROM OIE

Hello, Students & Scholars!

Roses are red, violets are blue, whatever you want, we have an event for you! Whether you want to relax with a cup of tea, laugh through some yoga moves or check out some amazing cars (trick driving included), there's so much happening this week. We know this time of the semester is jam packed, so be sure to take a moment for yourself, too. We hope you enjoy this issue of the OIE Friday Greetings newsletter!

OIE & CMU News & Events



Say Hi to Laughter Yoga

Feb. 20 from 5 to 6 p.m.

When life throws lemons, laughter is the answer! Learn the art of deliberate laughter through a series of light movements and breathing exercises to help you cope with stress. This is not your traditional yoga class, so come prepared to laugh!

[Learn More](#)

Hot Tea Bar

Feb. 14 from 11 a.m. to 1 p.m.

It's National Tea Day! Whether you need a midday moment of calm or a little more caffeine to get you through the day, stop by the Chartwells table in Kirk Commons for a free cup of tea, and speak to a registered dietitian about all your tea-related questions.



[Learn More](#)

Rise Against Hunger 2025

Feb. 15 from 10:30 a.m. to 1:30 p.m.



Help put an end to hunger! On this single day, students, faculty, staff, family and friends will help to package 100,000 meals for distribution worldwide. Celebrate the university's 10th anniversary of partnering with Rise Against Hunger and the milestone of packing over 1 million meals since 2015!

[Learn More](#)

Our Pittsburgh Picks



Romeo and Juliet

Feb. 14 to 16

What light through yonder window breaks? The world's most famous love story is brought to life by Pittsburgh Ballet Theater in the emotional and timeless saga of *Romeo and Juliet*.

[Learn More](#)

Pittsburgh International Auto Show

Feb. 14 to 17

Stop by the Pittsburgh International Auto Show to check out the latest car models from major manufacturers, as well as stylish classic cars and exotic cars, while learning about the latest auto trends and technologies and enjoying live performances, special events, family-friendly activities and more!



[Learn More](#)

Monster Jam

Feb. 14 to 16



Start your engines! Monster Jam is back in the 'Burgh and the most action-packed motorsports event on four wheels. Check out world-class driver athletes and the most recognizable trucks as they tear up the dirt and compete in intense competitions of speed and skill.

[Learn More](#)

Have an announcement to share?

If you have an event or announcement that you wish to submit for inclusion in OIE's Friday Greetings newsletter, please submit it via our [Event Submission Form](#) by **Wednesday at 5 p.m. EST** for inclusion in the following Friday's newsletter.

CMU's Office of International Education distributed this email. You are receiving it because of your status as an international student or scholar.

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