

EXERCISE YOUR BRAIN

Why not give your brain a workout? Crossword puzzles, Sudoku and other games will give you multitasking bragging rights for days.



READ

Lose yourself in an epic mystery novel, or get tips from a magazine. Either way, the hour will fly by.



POST ON SOCIAL MEDIA

Go ahead and tweet your experience, or post a photo or two on Facebook or Instagram. We have free Wi-Fi just for you.



SHOP FOR GIFTS

Experience the thrill of the hunt as you find and purchase that perfect gift for someone special using our free Wi-Fi.



CALL YOUR MOM

You know she wants to hear from you. Now is the time to reconnect, ask how her day is going and get her famous casserole recipe.



10 things you can do during a cryolipolysis procedure

Cryolipolysis, also known as CoolSculpting, is a noninvasive cosmetic procedure that uses controlled cooling to eliminate fat cells underneath the skin that are resistant to diet and exercise. It is easy, painless and effective. Here are things you can do during your procedure:

SET YOUR FANTASY LINEUP

Being a good GM for your fantasy sports team means you need to put in the time. So, research players, make a few trades and position your team to win the league championship.



MEDITATE

Focusing on your breathing, and only your breathing, can make your mind calm and peaceful. What a good use of your time!



TAKE A NAP

We can dim the lights to let you enjoy a few minutes of peace and quiet while you check your eyelids for holes.



CATCH UP ON EMAILS

If your email inbox is overflowing, now is the time to read and purge those messages that are weighing you down.



KNIT OR CROCHET

Feeling crafty? This would be the perfect time to finish that scarf you have been putting off. Stitch two, purl one.

