

Thursday, October 13th, 2022

Wellness Day Schedule at a Glance

Zoom

9:30-9:40 AM

Welcome!

Provost Powers and the Planning Committee

9:40-10:45 AM

Practice Strategies for Promoting Student Well-Being

Daisy Rodriguez

11:30-12:00 PM

Everyday Mindfulness

Rebecca Bohmer

12:30-1:00 PM

Food for Health Workshop

Kayla Kirschner

1:30-2:00 PM

Be the Change: Tools to De-Stress

Lynn Lazar

2:00-3:00 PM

Recentering Minoritized Voices: Reflections and Strategies for Restorative Wellness Practices

David Jones and Yolany Gonell

On Campus: University Hall 313

9:30-3:30 PM

Mental Health First Aid Matters: Certificate Training

Registration Required

Brenda Marshall, Faith Atte, and Maria Holguin

On Campus: University Center MultiPurpose Room

11:00-11:30 AM

Sound Bath, Meditation & Gentle Movement

Jessica Lake, JoAnn Alvarez Webb, and Lucia McMahon

11:30-12:15 PM

Laughter Yoga

Sandra Foley

1:30-2:00 PM

Giving Students the STAR Treatment with a Daily Dose of Vitamin C

Rose Mitchell

On Campus: Various Locations

11:00-11:30 AM- Ben Shahn Galleries

Look Beyond the Surface

Casey Mathern

11:30-12:00 PM- UC 211

Writing for Wellness

Martha Witt and Jessica Jacobson

1:30-2:00 PM- Caldwell Plaza

Lawn Games

Joe Spagna, Erin Stelma, and The Department of Recreation

2:00-2:30 PM- Ben Shahn Galleries

Look Beyond the Surface

Casey Mathern

2:30-3:30 PM - Speert Plaza

Create a Fall Outdoor Display

Kevin Garvey and Jim Shelley