

3RD ANNUAL

Wellness Week

CALENDAR OF EVENTS

Monday 10.1.18

11am-12:15pm

Need a Hand? Find a Paw

Learn about the important role guide dogs play in an individual's life and tips on how to interact with guide dogs.

Captree 114

Tuesday 10.2.18

12:30-1:45pm

Narcan Training

HSEC Lecture Hall 105

2-3:15pm

Sound X Color: An Afro LatinXperience

A look at struggle, creativity and resilience in the afro latino community through a multimedia experience.

Captree lounge

4:20-5:45pm

Power to Create Change

The personal, academic and career benefits of volunteering.

Captree 114

Wednesday 10.3.18

9:30-10:45am

Black Folk Don't: Go to Therapy

In a roundtable discussion, following a short film, we will explore the myths, challenges and stigma surrounding mental health concerns in the African American community.

LRC Lecture Hall

11am-12:15pm

Wellness Block Party

Entertainment by #WatchYourStep Dance Team. Plus mental health and wellness organizations information tables. Captree Cafeteria

What Color is Your Stress?

Stress less through biofeedback. Meditation & relaxation. Captree 113

12:30-1:45pm

Drippin in Finesse: 24 strengths

Identify your unique character strengths and learn how to use them in creative ways to enhance health/overall well-being. Captree 113

2-3:15pm

Identity 2.0" Workshop

Understanding diversity and one's own identity increases awareness & success
Captree 114 (limited availability)

3:30-4:45pm

Benefits of Wellness in College

The role wellness plays in increasing students' life satisfaction, self-awareness and academic achievement. LRC Lecture Hall

Thursday 10.4.18

11am-12:15pm

Voice in Ink: Poetry Workshop

Understanding one another's experiences through poetry and discussion. LRC Lecture Hall

7-8:15pm

Evening Common Hour Black Folk Don't: Go to Therapy

In a roundtable discussion, following a short film, we will explore the myths, challenges and stigma surrounding mental health concerns in the African American community

Captree 114

Local organizations information tables:

Hispanic counseling, HALL, VIBS, Response, Family Service League, Planned Parenthood LGBTQ Network, Quality Consortium, NA, NBLCA, Veterans Services, Health Services plus more...

