

PRESENT: WELLBEING WEDNESDAYS

SEPTEMBER

SEPT. 10
11:30 AM- 1:00 PM
Wellbeing Wednesday
Kickoff

SEPT. 17
11:30 AM- 1:00 PM
Good Eats &
Good Vibes w/ the RD

SEPT. 24
3:00 PM- 5:00 PM
Chair Massage

OCTOBER

OCT. 1
5:00 PM- 6:00 PM
Yoga/
Stretching

OCT. 8
12:00 PM- 4:00 PM
Self-Guided
Study Break

OCT. 15
12:00 PM- 4:00 PM
Recreation
Recess

OCT. 22
3:00 PM- 5:00 PM
Chair Massage

OCT. 29
5:00 PM- 6:00 PM
Ask The Trainer

NOVEMBER

NOV. 5
5:00 PM - 6:00 PM
Yoga/
Stretching

NOV. 12
11:30 AM- 1:00 PM
Good Eats &
Good Vibes w/ the RD

NOV. 17
12:00 PM- 4:00 PM
Self-Guided
Study Break

DECEMBER

DEC 3
12:00 PM- 4:00 PM
Recreation
Recess

DEC. 10
3:00 PM- 5:00 PM
Chair Massage

LOCATION:
3RD FLOOR STUDENT
CENTER
DROP IN AT ANY
POINT DURING THE
SESSION
STUDENTS ONLY

FULL
SCHEDULE:

