

2022

WELLNESS WEEK EVENTS

NOV
28

EAT WELL
11 AM – 12:30 PM
104 O'BRIAN



- Phillips Lytle providing:
- Chipotle catering
 - Healthy recipe book
 - Therapy dog
 - Swag giveaways



THERAPY W/ DOGS
11 AM – 1PM
O'BRIAN LOBBY

NOV
29

NOV
30

YOGA
11 AM
104 O'BRIAN



- Led by Ashley Abbott
- All levels welcome; please bring water
- Yoga mats will be provided



WELLNESS
12 PM – 1PM
533 O'BRIAN

- Managing Breaks and Holiday Blues with Thom Neill

STRESS RELIEF
11 AM
O'BRIAN LOBBY

DEC
1

- Face mask and stress relief ball give-a-ways



CAMPUS WALK
12PM
MEET IN O'BRIAN LOBBY

Led by Assistant Dean Hilburger Rain or shine!



Coffee, tea, & hot chocolate and Warm & Fuzzy board will be provided throughout the week in the O'Brian Student Lounge

Local bar associations will be tabling throughout the week

Visit our
Wellness Week
Page!