




Monday: Eat Healthy, Live Healthy!

Nov. 26

- Healthy Monday Munchies Snacks Student Lounge
- Whack our "Bluebook" piñata!
12pm-1pm O'Brian Lobby

Tuesday: Physical Health

Nov. 27

- Free Flu Shots provided by  11am-1pm Student Lounge
- Health screening check provided by Evergreen Health
11am-2pm Rm 114 Jury Deliberation Rm

Wednesday: Mental Health & Stress Relief

Nov. 28 - in O'Brian Lobby

- Stress relief give-a-ways!
9am until they are gone!
- Therapy dogs provided by SALDF
10am-1pm
- Potato the hedgehog, CBP's "Norm", Percy the Wonder Dog & CSO's Abby
10am-2pm

Thursday: Get Up & Move!

Nov. 29

- Drop-In Yoga with Alana & Zumba with Jordan
11am-1pm 509 O'Brian Hall
- Ping-Pong Student Lounge

Going On ALL WEEK!

- Coffee & Tea – Help yourself!
11am-2pm Student Lounge
- Punching Bag Student Lounge
- Stress Relief Coloring and Puzzles 7th Floor Library
- Wellness Raffle — Enter to win a signed Kelvin Benjamin (UB Bills wide receiver) cleat!



*Wellness Week funded in part by mandatory student fees