



## 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  
7<sup>th</sup> 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