



Monday: **Eat Well, Live Well!**

Nov. 18

- Healthy Monday Munchies Snacks
- Smart Food Popcorn & Juice Give-Away
 - 11am-1pm O'Brian Lobby

Tuesday: **Physical Health**

Nov. 19

- Free Flu Shots provided by RiteAid
 - Register on FB. Bring your insurance card!
 - 11am-1pm Student Lounge
- Blood Pressure Check provided by UB Medical Students
 - 11am-1pm O'Brian Lobby

Wednesday: **Mental Health & Stress Relief**

Nov. 20 - in O'Brian Lobby

- UB Counseling & Wellness
 - Helpful information, Lilly the Therapy Dog, & DIY aromatherapy sprays
- Therapy dogs provided by SALDF & our own CSO's Abby
 - 11am until 1pm
- Stress relief give-a-ways!
 - 11am until they are gone!

Thursday: **Be Mindful!**

Nov. 21

- Leave a Note of Positivity
- More "thera-pups"!
 - CPB's "Norm", Percy the Wonder Dog, and Elke
 - 11am-1pm O'Brian Lobby

Going On **ALL WEEK!**

- SBA Apparel Sale!
- Coffee & Tea & Healthy Snacks – Help yourself in the Student Lounge.
- Ping Pong Table in Student Lounge
- Massage Chair in Student Lounge
- Stress Relief Coloring and Games in Student Lounge
- Wellness Raffles — Enter each day to win one of four gift cards! Winners drawn daily.
 - 11am – 1pm O'Brian Lobby



**Wellness Week funded in part by mandatory student fees.*