

October 2020

Stress Reduction Programs & Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Quit Smoking/Vaping Walk-in Clinic SU 114 11am - 1pm Koru Mindfulness & Meditation 3:30 - 5pm Color & Chat 6 - 7pm	2 Self-Care Break 2 - 2:45pm Weekly Meditation Group 3:30 - 4:30pm	3
4	5 Yoga for Student Living 5:15 - 6:30	6 Meditation in Motion 3:30 - 4pm Koru Mindfulness & Meditation 5 - 6:30pm	7 Wellness Wednesdays 12-12:30pm Feel Your Yoga class 6 - 7 pm	8 Quit Smoking/Vaping Walk-in Clinic SU 114 11am - 1pm Koru Mindfulness & Meditation 3:30 - 5pm Color & Chat 6 - 7pm	9 Self-Care Break 2 - 2:45pm Weekly Meditation Group 3:30 - 4:30pm	10
11	12 Yoga for Student Living 5:15 - 6:30	13 Meditation in Motion 3:30 - 4pm Koru Mindfulness & Meditation 5 - 6:30pm	14 Wellness Wednesdays 12-12:30pm Feel Your Yoga class 6 - 7 pm	15 Quit Smoking/Vaping Walk-in Clinic SU 114 11am - 1pm Koru Mindfulness & Meditation 3:30 - 5pm Color & Chat 6 - 7pm	16 Self-Care Break 2 - 2:45pm Weekly Meditation Group 3:30 - 4:30pm	17
18	19 Yoga for Student Living 5:15 - 6:30	20 Meditation in Motion 3:30 - 4pm Koru Mindfulness & Meditation 5 - 6:30pm	21 Wellness Wednesdays 12-12:30pm Feel Your Yoga class 6 - 7 pm	22 Quit Smoking/Vaping Walk-in Clinic SU 114 11am - 1pm Koru Mindfulness & Meditation 3:30 - 5pm Color & Chat 6 - 7pm	23 Self-Care Break 2 - 2:45pm Weekly Meditation Group 3:30 - 4:30pm	24
25	26 Yoga for Student Living 5:15 - 6:30	27 Meditation in Motion 3:30 - 4pm Koru Mindfulness & Meditation 5 - 6:30pm	28 Wellness Wednesdays 12-12:30pm Feel Your Yoga class 6 - 7 pm	29 Quit Smoking/Vaping Walk-in Clinic SU 114 11am - 1pm Color & Chat 6 - 7pm	30 Self-Care Break 2 - 2:45pm Weekly Meditation Group 3:30 - 4:30pm	31



Dog Therapy at a Self-Care Break program

Wellness Coaching Program:

Schedule an appointment to work on goals related to your academic, physical, social, or emotional wellness

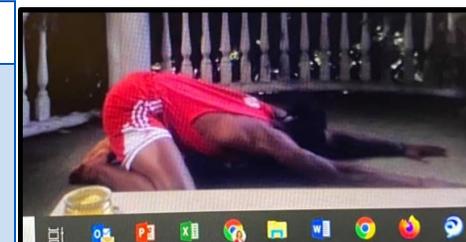
<https://www.buffalo.edu/studentlife/life-on-campus/health/healthy-decisions/wellness-coach.html>

Program Locations: Unless otherwise noted, our programs will be via Zoom at <https://buffalo.zoom.us/my/relax> The Koru Mindfulness 4-session classes will be hosted in a Zoom location to be shared when students register.

November 2020 Stress Reduction Programs & Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Yoga for Student Living 5:15 - 6:30	3 Meditation in Motion 3:30 - 4pm	4 Wellness Wednesdays 12-12:30pm Feel Your Yoga class 6 - 7 pm	5 Quit Smoking/Vaping Walk-in Clinic SU 114 11am - 1pm Color & Chat 6 - 7pm	6 Self-Care Break 2 - 2:45pm Weekly Meditation Group 3:30 - 4:30pm	7
8	9 Yoga for Student Living 5:15 - 6:30	10 Meditation in Motion 3:30 - 4pm	11 Wellness Wednesdays 12-12:30pm Feel Your Yoga class 6 - 7 pm	12 Quit Smoking/Vaping Walk-in Clinic SU 114 11am - 1pm Color & Chat 6 - 7pm	13 Self-Care Break 2 - 2:45pm Weekly Meditation Group 3:30 - 4:30pm	14
15	16 Yoga for Student Living 5:15 - 6:30	17 Meditation in Motion 3:30 - 4pm	18 Chill Out Event 12 - 2 pm Feel Your Yoga class 6 - 7 pm	19 Quit Smoking/Vaping Walk-in Clinic SU 114 11am - 1pm Color & Chat 6 - 7pm	20 Self-Care Break 2 - 2:45pm Weekly Meditation Group 3:30 - 4:30pm	21
22	23 Yoga for Student Living 5:15 - 6:30	24	25 Thanksgiving Break!	26 Thanksgiving Break!	27 Thanksgiving Break!	28
29	30 Yoga for Student Living 5:15 - 6:30					

See the UB events calendar or UBLinked online for additional program descriptions



NEW yoga class: Wednesdays 6-7pm in Zoom with Cory Sampson



Finger tapping to focus attention during Meditation In Motion

Program Locations: Unless otherwise noted, our programs will be via Zoom at <https://buffalo.zoom.us/my/relax> The Koru Mindfulness 4-session classes will be hosted in a Zoom location to be shared when students register.

Questions? Contact Program Coordinator, Sharlynn Daun-Barnett at sd62@buffalo.edu