

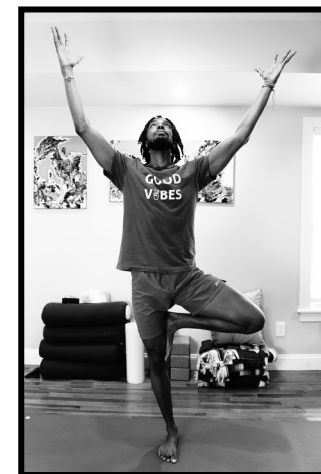
October 2021

Stress Reduction Programs & Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Drop-In Meditation Group 210 SU 3-4pm	2
3	4 Yoga for Student Well-being with Tara 228 SU 5:15 -6:30	5 Koru Mindfulness & Meditation 5:30-7pm 259 Capen Hall Yoga for Student Well-Being—Cory 228 SU 6-7pm	6 Koru Mindfulness & Meditation 4-5:30pm Zoom	7 Quit Smoking/Vaping Walk-in Clinic SU 114 11am - 1pm Koru Mindfulness & Meditation 3:30-5pm 222 SU	8 Drop-In Meditation Group 210 SU 3-4pm	9
10	11 Coming Out Day! Yoga for Student Well-being with GRACE 240 SU/ the IDC *5:30-6:30*	12 Koru Mindfulness & Meditation 5:30-7pm 259 Capen Hall Yoga for Student Well-Being—Cory 228 SU 6-7pm	13 Koru Mindfulness & Meditation 4-5:30pm Zoom	14 Quit Smoking/Vaping Walk-in Clinic SU 114 11am - 1pm Koru Mindfulness & Meditation 3:30-5pm 222 SU	15 Drop-In Meditation Group 210 SU 3-4pm	16
17	18 Yoga for Student Well-being with Tara 228 SU 5:15 -6:30	19 Koru Mindfulness & Meditation 5:30-7pm 259 Capen Hall Yoga for Student Well-Being—Cory 228 SU 6-7pm	20 Koru Mindfulness & Meditation 4-5:30pm Zoom	21 Quit Smoking/Vaping Walk-in Clinic SU 114 11am - 1pm Koru Mindfulness & Meditation 3:30-5pm 222 SU	22 Drop-In Meditation Group 210 SU 3-4pm	23
24	25 Yoga for Student Well-being with Tara 228 SU 5:15 -6:30	26 Koru Mindfulness & Meditation Yoga for Student Well-Being—Cory 228 SU 6-7pm	27 Koru Mindfulness & Meditation 4-5:30pm Zoom	28 Quit Smoking/Vaping Walk-in Clinic SU 114 11am - 1pm	29 Drop-In Meditation Group 210 SU 3-4pm	30

Koru Mindfulness = 4-week Mindfulness & Meditation Program.
 Registration required on UBLINKED.

Cory: our Tuesday Yoga Instructor



Wellness Coaching Program:

Schedule an appointment to work on goals related to academic, physical, or social wellness at:
<http://buffalo.edu/studentlife/goals>





Get **FREE** nicotine patches or gum at Thursday Quit Clinics or by appointment

Questions?

Contact Sharlynn Daun-Barnett
 at sd62@buffalo.edu

November 2021

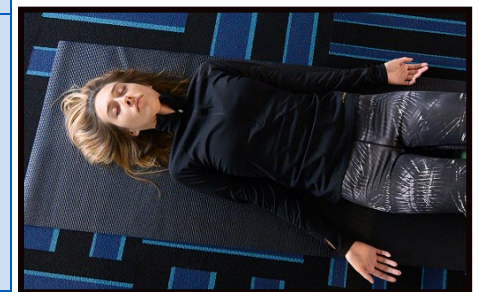
Stress Reduction Programs & Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 Happy Halloween! 	1 Yoga for Student Well-being with Tara 228 SU 5:15 -6:30	2 Yoga for Student Well-Being with Cory 228 SU 6 - 7 pm	3 Monthly Walk Group With Lily the Dog! 4-5pm Front of SU 	4 Quit Smoking/Vaping Walk-in Clinic SU 114 11am - 1pm	5 Mindfulness Retreat 228 SU 1 - 4pm	6
7	8 Yoga for Student Well-being with Tara 228 SU 5:15 -6:30	9 Yoga for Student Well-Being with Cory 228 SU 6 - 7 pm	10 CHILL OUT EVENT SU 145 & lobby 11:30am-1:30pm	11 Veterans Day Quit Smoking/Vaping Walk-in Clinic SU 114 11am - 1pm	12 Drop-In Meditation Group 210 SU 3-4pm	13
14	15 Yoga for Student Well-being with Tara 228 SU 5:15 -6:30	16 Yoga for Student Well-Being with Cory 228 SU 6 - 7 pm	17	18 Quit Smoking/Vaping Walk-in Clinic SU 114 11am - 1pm	19 Drop-In Meditation Group 210 SU 3-4pm	20
21	22	23	24	25	26	27
<div> No Programs this Week Happy Thanksgiving! Enjoy the break! </div>						
28	29 Yoga for Student Well-being with Tara 228 SU 5:15 -6:30	30 Yoga for Student Well-Being with Cory 228 SU 6 - 7 pm	1	2	3	4
31	<div> Monday Yoga, Tuesday Yoga, and Friday Meditation also in Zoom ~ See UB Events Calendar for link ~ </div>					



Lily the Dog at 11/3 Walking Group

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 Schedule an appointment to work on goals related to academic, physical, or social wellness at:
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Quiet the mind and relax at 11/5 Mindfulness Retreat. Register UBLinked.

Questions? Contact
 Sharlynn Daun-Barnett at
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