

## Spring Wellness Week at - A-Glance

<u>Monday, Feb. 26th - *Mental Health Wellness Focus*</u>		
<u>Time</u>	<u>What</u>	<u>Location</u>
<u>11-12</u>	<u>Counseling Center Workshop</u> <u>Sound Healing</u>	<u>ACC mtg rm 3</u>
<u>11-2</u>	<u>Neon Entertainment</u> <u>Chi Machines</u> <u>Oxygen Bar</u> <u>Essential Oils station</u> <u>Lip Balm Station</u>	<u>Alumni</u> <u>Conference</u> <u>Room</u>
<u>12-1pm</u>	<u>Free Hugs</u>	<u>ACC Lobby</u>
<u>1-1:45</u>	<u>Therapy Dog - Come Meet Boris</u>	<u>ACC Lobby</u>
<u>11-2</u>	<u>BHSN STOP DSV - Tabling</u>	<u>ACC Lobby</u>
<u>11-2</u>	<u>Title IX Office Table Set #LoveBetter -</u> <u>Tabling</u>	<u>ACC Lobby</u>
<u>11-2</u>	<u>ARO Table: DIY Fidget Toy - Tabling</u>	<u>ACC Lobby</u>
<u>11-2</u>	<u>TRIO SSS: Dimensions of Wellness -</u> <u>Tabling</u>	<u>ACC Lobby</u>
<u>2-3</u>	<u>Counseling Center Workshop</u> <u>Mindfulness and Body</u>	<u>Studio Memorial</u> <u>Hall</u>
<u>Times</u> <u>12-12:30</u> <u>5-5:45</u> <u>5-5:45</u> <u>6-6:45</u> <u>7-7:45</u>	<u>Workout Classes:</u> <u>Spin w/ Connie</u> <u>Yoga w/ Sydney</u> <u>Kickboxing w/ Connie &amp; Allisyn</u> <u>HIIT/Core w/ Lauren</u> <u>Hardbody w/ Gracy</u>	

<u>7-7:45</u>	<u>Spin w/ Dimitra</u>	
<u>8-8:45</u>	<u>Zumba w/ Kaylynn</u>	

<u>Tuesday, Feb. 27th - *Medical Wellness Focus*</u>		
<u>Time</u>	<u>What</u>	<u>Location</u>
<u>11am</u>	<u>Accessibility and Accommodations Presentation - Hosted by ARO</u>	<u>Feinberg - Behind Computer Lab 127</u>
<u>12-1pm</u>	<u>Free Hugs</u>	<u>ACC Lobby</u>
<u>12-1pm</u>	<u>Cardinal Cupboard “Food is Wellness: Celebrate Canned Food Month w/ the Cardinal Cupboard”</u>	<u>ACC Lobby</u>
<u>11-2</u>	<u>Title IX Office Table Set #LoveBetter - Tabling</u>	<u>ACC</u>
<u>11-2</u>	<u>NEDA: Campus Warrior and NEDA collaborator</u>	<u>ACC</u>
<u>11-2</u>	<u>Planned Parenthood - Tabling</u>	
<u>2-3:30</u>	<u>Narcan Training with the Alliance for Positive Health</u>	<u>ACC-Cardinal Lounge</u>
<u>7pm</u>	<u>Wellness Trivia- Hosted by the Programming Advocates</u>	<u>Wilson Hall Main Lounge</u>
<u>7pm</u>	<u>TRHT Racial Healing Circle</u>	<u>Whiteface</u>
<u>Times</u> <u>12-12:45</u> <u>4-4:45</u> <u>5-5:45</u> <u>6-6:45</u> <u>6-6:45</u>	<u>Workout Classes:</u> <u>Kickbox w/ Connie</u> <u>Yoga w/ Grace</u> <u>Hardbody w/ Erricia</u> <u>Pilates w/ Sophia</u> <u>Spin w/ Olivia</u>	

<u>7-7:45</u>	<u>Kickboxing w/ Allisyn</u>	
<u>8-8:45</u>	<u>Yoga w/ Nicole</u>	

<u>Wednesday, Feb. 28th - *Physical Wellness Focus*</u>		
<u>Time</u>	<u>What</u>	<u>Location</u>
<u>11-2</u>	<u>Planet Fitness - Tabling</u>	<u>ACC Lobby</u>
<u>11-2</u>	<u>Plattsburgh Crossfit - Tabling</u>	<u>ACC Lobby</u>
<u>12-1pm</u>	<u>Free Hugs</u>	<u>ACC Lobby</u>
<u>12-2pm</u>	<u>Coloring and Goody-Bags - Tabling</u>	<u>ACC Lobby</u>
<u>11-2</u>	<u>Title IX Office Table Set #LoveBetter</u>	<u>ACC Lobby</u>
<u>8-10</u>	<u>Coffee House</u>	<u>Burghy's Den</u>
<u>Times</u> <u>12-12:45</u> <u>5-5:45</u> <u>6-6:45</u> <u>7-7:45</u> <u>7-7:45</u> <u>8-8:45</u>	<u>Workout Classes:</u> <u>Strength HIIT w/ Connie</u> <u>Spin w/ Nina</u> <u>Yoga w/ Lily</u> <u>Hardbody w/ Abigail</u> <u>Spin w/ Mikayla</u> <u>Zumba w/ Kaylynn</u>	

<u>Thursday, Feb. 29th - *Wellness Fair*</u>		
<u>Time</u>	<u>What</u>	<u>Location</u>
<u>11am-2pm</u>	<u>Wellness Fair</u>	<u>Memorial Hall</u>
<u>11-2</u>	<u>Neon Entertainment</u> <u>Massage Chairs</u> <u>Chi Machines</u> <u>Oxygen Bar</u>	

	<b><u>Essential Oils station</u></b> <b><u>Lip Balm Station</u></b>	
<b><u>11am</u></b>	<b><u>Free Hugs w/ Burghy</u></b>	<b><u>Memorial Hall</u></b>
<b><u>11am</u></b>	<b><u>Counseling Center - Tabling</u></b>	<b><u>Memorial Hall</u></b>
<b><u>11am</u></b>	<b><u>TRHT/DEI - Tabling to promote Circles</u></b>	<b><u>Memorial Hall</u></b>
<b><u>11am</u></b>	<b><u>Micheal Thompson - Affirmative Action Tabling</u></b>	
<b><u>11-2</u></b>	<b><u>BHSN STOP DSV - Tabling</u></b>	<b><u>Memorial Hall</u></b>
<b><u>11-2</u></b>	<b><u>North Country Food Coop</u></b>	<b><u>Memorial Hall</u></b>
<b><u>11-2</u></b>	<b><u>white rainbow farm + adi yoga studio</u></b>	<b><u>Memorial Hall</u></b>
<b><u>11am</u></b>	<b><u>University Police Wellness Tabling</u></b>	<b><u>Memorial Hall</u></b>
<b><u>11am</u></b>	<b><u>NEDA: Campus Warrior and NEDA collaborator</u></b>	<b><u>Memorial Hall</u></b>
<b><u>11am</u></b>	<b><u>Adirondack North Country Gender Alliance - Tabling</u></b>	<b><u>Memorial Hall</u></b>
<b><u>11am</u></b>	<b><u>Tobacco Free Clinton Franklin Essex- Champlain Valley Family Center</u></b>	<b><u>Memorial Hall</u></b>
<b><u>11am</u></b>	<b><u>Upward Bound</u></b>	<b><u>Memorial Hall</u></b>
<b><u>11am</u></b>	<b><u>The Caregiver Support Initiative</u></b>	<b><u>Memorial Hall</u></b>
<b><u>11am</u></b>	<b><u>Therapy Dog - Come Meet Boris</u></b>	<b><u>Memorial Hall</u></b>
<b><u>11am</u></b>	<b><u>Ward Hall - Tabling</u></b>	
<b><u>11am</u></b>	<b><u>Mail-A-Hug - Tabling</u></b>	
<b><u>11am</u></b>	<b><u>ARO - Tabling</u></b>	<b><u>Memorial Hall</u></b>

<u>11am</u>	<u>Global Education Office</u>	<u>Memorial Hall</u>
<u>11am</u>	<u>TRIO SSS - Tabling</u>	<u>Memorial Hall</u>
<u>11am</u>	<u>Cardinal Cupboard -Tabling</u>	<u>Memorial Hall</u>
<u>11am</u>	<u>Campus Dietician - Food Samples with Omega 3s</u>	<u>Memorial Hall</u>
<u>11am</u>	<u>Planned Parenthood</u>	<u>Memorial Hall</u>
<u>11am</u>	<u>Fitness Center</u>	<u>Memorial Hall</u>
<u>11am</u>	<u>Title IX Office Table Set #LoveBetter</u>	<u>Memorial Hall</u>
<u>11am</u>	<u>Health Center-Tabling</u>	<u>Memorial Hall</u>
<u>6pm</u>	<u>Speaker: Lorin Phillips- <i>Fierce Confrontation: Compassionate, Strategic Leadership for difficult situations</i></u>	<u>ACC Ballrooms</u>
<u>Times</u> <u>12-12:45</u> <u>5-5:45</u> <u>6-6:45</u> <u>7-7:45</u> <u>8-8:45</u>	<u>Workout Classes:</u> <u>Hardbody w/ Connie</u> <u>Yoga w/ Jema</u> <u>Spin w/ Olivia</u> <u>Hardbody w/ Grace</u> <u>Zumba w/ Hannah</u>	

<u>Friday, Mar. 1st</u>		
<u>Time</u>	<u>What</u>	<u>Location</u>
<u>11-2pm</u>	<u>University Police Wellness Table</u>	<u>ACC</u>
<u>12-1pm</u>	<u>TRHT Racial Healing Circle</u>	<u>The HUB</u>
<u>12 - 1pm</u>	<u>Self Injury Awareness Day - Tabling</u>	<u>ACC Lobby</u>

<b><u>1:30 - 5pm</u></b>	<b><u>Arts Expo: A Celebration of the Arts and Mental Health</u></b>	<b><u>The HUB</u></b>
<b><u>12pm</u></b>	<b><u>Workout Classes:</u></b> <b><u>Yoga w/ Shawna</u></b>	