

WELLNESS WEEK

MAY
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BALANCE & WELL-BEING

11 AM - 1PM ~ 107 O'Brian Hall

Join National Fuel for pizza between classes! Find balance in your day with a pizza break and chat with National Fuel attorneys!



THERAPY WITH PUPS

11 AM - 1PM ~ O'Brian Hall Lobby

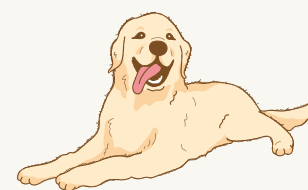
Enjoy time with Lisa Patterson's, Program Director for Externships, Public Interest and Access to Justice Initiatives dog!

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STRESS RELIEF

11 AM - 1PM ~ O'Brian Hall Lobby

Shower steamers, bath bombs, and stress relief ball give-a-ways!



THERAPY WITH PUPS

11 AM - 1PM ~ O'Brian Hall Lobby

Enjoy time with Vice Dean Gargano, Vice Dean of Student Affairs dog!

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COUNSELING & MENTAL HEALTH SERVICES TABLING

10:30 AM - 12PM ~ O'Brian Hall Lobby

CAMPUS WALK

12 PM - 1PM ~ O'Brian Hall Lobby

Join us for a campus walk led by Dean Hilburger. Rain or shine!



GUIDED MEDITATION

5:15 PM - 6:15PM ~ 25 O'Brian Hall

Join Professor Chiesa's class for a guided meditation. Healthy snacks will be provided and live streaming.

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YOGA

11 AM - 12PM ~ 104 O'Brian Hall

Join Ashley Abbott for an all levels yoga class. Please bring water and limited yoga mats will be provided.

*Stress-free give-a-ways also will be given out after class!



VISIT OUR WELLNESS PAGE!

Coffee, tea, & hot chocolate & Warm & Fuzzy board will be provided during the week in 312 O'Brian Hall. Local bar associations will be tabling throughout the week.

