

2023

WELLNESS WEEK events

NOV  
27

EAT WELL



Phillips Lytle LLP

12 p.m.

O'BRIAN LOBBY

Phillips Lytle providing:  
Lunch, Therapy dogs, Swag give-a-ways,  
and Managing Stress Materials!

STRESS RELIEF

11 a.m.

O'BRIAN LOBBY

Shower steamer & stress relief ball give-a-ways

NOV  
28

NOV  
29

MEDITATION & YOGA  
COMBO CLASS!

3:30 p.m. – 4:30 p.m.

509 O'BRIAN

Led by Vice Dean Ciesa & Ashley Abbott  
Meditate first half and practice yoga second half.  
Come for one or stay for both!  
All levels welcome. Yoga mats will be provided.



CAMPUS WALK

12 p.m.

MEET IN O'BRIAN LOBBY

Led by Assistant Dean Hilburger, rain or shine!

NOV  
30

ALL WEEK:



Coffee, tea, & hot chocolate and Warm & Fuzzy board will be provided in 312 O'Brian!

Counseling Services and local bar associations will be tabling!

Come destress with some furry friends at Therapy with Pups!

