

# Health & Wellness

BROUGHT  
TO YOU BY:  
**SL&L**

## **The Art of Mindfulness Meditation with Adreyanna**

Monday - Instagram LIVE

2/2- 4/13 at 5:00pm

(Excluding 3/16 due to Spring Break)

## **Yoga with Tracey**

Wednesday - Instagram LIVE

2/4 - 4/8 at 6:30pm

(Excluding 3/18 due to Spring Break)

## **Nutrition Event brought to you by L.E.A.D.**

3/25 from 12:00pm-1:00pm in SC104

Learn the benefits of plant based / vegan nutrition with Mary Ann Cavallaro, Nurse, Author and Animal Lover. Enjoy (plant based) cuisine by the Lady & the Shallot restaurant. We hope you join us for this amazing seminar and for some samples of beautifully prepared food that will nourish your mind, body, and soul.

## **Wellness Wednesday**

Check out our social media every Wednesday throughout the semester for information focused on habits and practices that contribute to your overall health and wellbeing.

