

Health & Wellness

BROUGHT
TO YOU BY:
SL&L

The Art of Mindfulness Meditation with Adreyanna- Monday

Instagram LIVE

9/14 - 11/16 at 5:30pm

Special Class on 11/30 for Chill with SL&L Week

Yoga with Tracey - Wednesday

Instagram LIVE

9/16 - 11/18 at 5:30pm

De-Stress for the Holidays

"Holiday Reset" Workshop with Tracey

Let's Gear-Up for the Holidays without the Meltdown"

12/2 at 12noon in SC104, Lunch Provided

Quick Mindset Shifts, Light-Hearted Strategies and More!

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.

Open to: Students, Staff, Faculty

