

NEOMED STUDENTS!

It's



WEEK OF WELLNESS • SEPTEMBER 25-29

Monday, September 25

- **NEOMED Pop-Up Pantry:** noon - 2 p.m.,
Behind the NEOMED Library Depository
Come Volunteer and help greet our
community members
Wear your NEOMED spirit wear
- **Chair Massages (10 minutes of relaxation):**
11 a.m. - 1 p.m.,
Atrium Outside of Watanakunakorn
– Registration required

Tuesday, September 26

- **Tuesday Trot & Treat:** 12:15 - 12:55 p.m.,
Trot the campus loop. Depart from Sequoia
and finish with an ice cream treat.
- **Improving Your Family Relationship:**
1 - 1:30p.m., New Center #2016
Learn how to reduce the stress of home
visits with your family with Andrew Wilcoxson,
NEOMED counselor

Wednesday, September 27

- **Life Skills 4 Wellness: Building a Strong CV
with Writing Center Specialist Brian Harrell:**
noon - 1 p.m., Olson Auditorium
Free Student Wellness N8 T-shirt to the
first 10 who register and attend!
- **Chair Massages (10 minutes of relaxation):**
noon - 2 p.m.,
Atrium Outside of Watanakunakorn
– Registration required
- **Cooking Class with Chef Rodney:** Hands-on
chance for you to get into the NEOMED kitchen
and prepare dishes you'll also get to eat:
2 - 4 p.m., NEW Center Ballroom Atrium
– Registration required

Wednesday, September 27

- **Students vs Employees First-Ever Kick-Ball
Challenge:** 4:30 p.m., Langell Soccer Field

Thursday, September 28

- **Meet Lucy, the Therapy Dog:** 1 - 3 p.m.,
Atrium Outside of Watanakunakorn
- **WOW Movie Night featuring "Barbie":**
6 - 8 p.m., Watanakunakorn Auditorium
Free movie and popcorn

Friday, September 29

- **Friday Fun Lunch:**
noon - 1 p.m., Jay A. Gershen Atrium
Bring your lunch and share your break with
classmates, special guests and game-time
- **President's Push-Up Challenge:**
12:30 - 1 p.m., Jay A. Gershen Atrium
Can you beat President Langell in the push-up
challenge? Sign up and start training for bragging
rights and a free NEOMED HOODIE to the winner!



Register for all events
on CampusGroups