



WEEK OF WELLNESS

MON. 9/16

WOW Kick Off
12 - 1 PM
Gershen Atrium

Therapy Dogs to the Rescue
Coffeehouse Guitarist, Kevin
PLUS Wellness Giveaway Day!



TUES. 9/17

Cooking with Chef Rodney
3 - 5 PM
NEOMED Kitchen

Learn how to make all kinds of omelets with Chef Rodney.
Register in advance on CampusGroups.



WEDS. 9/18

Life Skills 4 Wellness
12 - 1 PM
NEW 2016

Your Own Personal Health Coaching with Sabrina Cali
Register in advance on CampusGroups.
Free food for registrants.



WEDS. 9/18

Student Involvement Fair
4:30 - 6 PM
NEW Center Patio

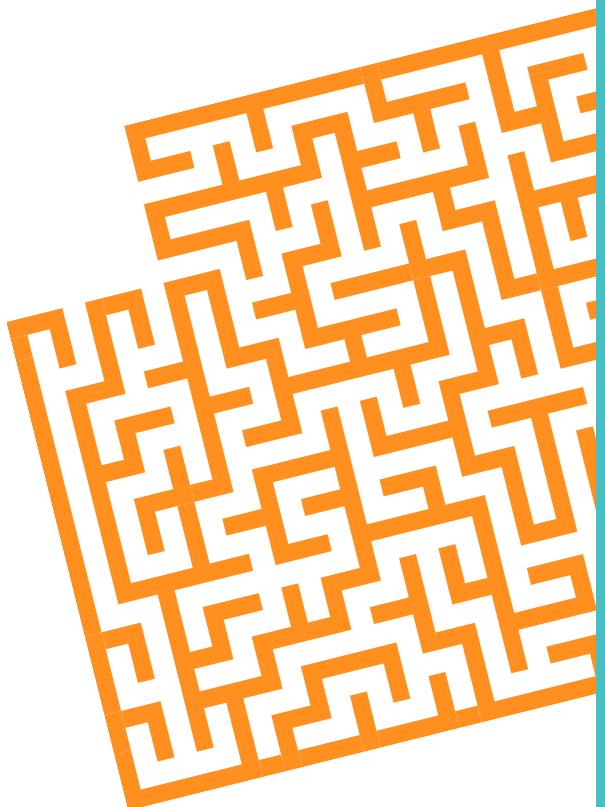
Connect with student organizations, councils & committees.
Build your professional resume through leadership!



THU. 9/19

Labyrinths & Mandalas
12 - 1 PM
Main Entrance Patio

Walking meditation for personal, psychological & spiritual transformation and to enhance right-brain activity.



THU. 9/19

2nd Annual Student vs. Faculty/Staff Kickball Tournament
4 - 6 PM
Langell Field

Free t-shirt to all players & bragging rights to the winner!
Unlimited fans invited to watch and earn teams extra points!
Register in advance on CampusGroups.



FRI. 9/20

President's Push-Up & Plank Challenge
12:30 - 1 PM
Gershen Atrium

Can you do more push-ups than the President? Can you hold a plank longer than your peers? Register to test your strength! Unlimited fans invited to watch and cheer on their peers!
Winners receive a NEOMED hoodie.



FRI. 9/20

Ice Cream Social
1 - 2 PM
Watanakunakorn Atrium

Free ice cream and toppings provided by NEOMED departments.
Register in advance on CampusGroups.



SAT. 9/21

NAMI Walk
University of Akron Stile Athletics Field House
8:30 AM

Go to <https://www.namiwalks.org/team/NEOMEDwalkingwhales> to join the NEOMED Walking Whales team! All funds raised will go to NAMI Summit County to provide support, education & advocacy to people with serious mental illness and their families.



QR CODE TO REGISTER FOR EVENTS

