



## **SCHEDULE OF EVENTS**

### **MONDAY, OCTOBER 28**

- 11:00am - 1:00pm • Flu Shots
- 11:00am - 1:00pm • Frightening Finances
- 11:30am Monday Mile • Walk With a Mission  
*choose your own mission, meet at the front desk*
- 11:30am - 2:00pm • Trick or Treat for school supplies with Student Affairs

### **TUESDAY, OCTOBER 29**

- 11:30am - 1:00pm • Therapy Dogs
- 12:00pm - 1:00pm • Backpack Check, Posture Exercises
- 12:00pm • Tranquility Tuesday Meditation @ NAB 1144

### **WEDNESDAY, OCTOBER 30**

- 11:00am - 2:00pm • Sexual Health - Inclusive Health Services
- 12:00pm - 1:00pm • Yoga with Cynthia

### **THURSDAY, OCTOBER 31**

- 11:00am - 2:00pm • Sexual Health - Inclusive Health Services
- 12:00pm - 1:00pm • Backpack Check, Posture Exercises

### **MONDAY - THURSDAY**

- 11:00am - 1:00pm • Winter Preparations
- Self-Screening for Professional Burnout and Depression
- Free Food!

### **STUDENTS...**

Don't forget to enter in the raffle for Central Rock Gym Passes!