

WELLNESS WEEK

**MONDAY, FEBRUARY 26TH -
FRIDAY MARCH 1ST**

**WELLNESS FAIR
MEMORIAL HALL -
11AM - 2 PM**

THURS - 29TH



**SCAN HERE TO ADD
OUR GOOGLE
CALENDAR!**

**MAKE SURE TO CLICK THE “+” IN
THE BOTTOM RIGHT CORNER TO
ADD TO YOUR CALENDAR**

MON - 26TH

- FREE HUGS - ACC 12 PM - 1 PM
- THERAPY DOG - COME MEET BORIS - ACC 1 PM - 1:45 PM
- COUNSELING CENTER WORKSHOPS FROM 11 AM - 12 PM AND AGAIN FROM 2 PM - 3PM
- ESSENTIAL OIL STATION
- OXEGEN BAR
- LIP BALM STATION
- BRAIN TAP

TABLING SESSIONS IN THE ACC FROM 11 AM - 2 PM:

- BHSN STOP DSV
- TITLE IX #LOVEBETTER
- ARO - DIY FIDGET TOYS
- TRIO SSS - DIMENSIONS OF WELLNESS

TUES - 27TH

- FREE HUGS - ACC 12 PM - 1 PM
- ACCESSIBILITY AND ACCOMMODATIONS PRESENTATION - FEINBERG LIBRARY 127 11 AM
- NARCAN TRAINING WITH ALLIANCE FOR POSITIVE HEALTH - ACC CARDINAL LOUNGE 2 PM - 3:30 PM
- WELLNESS TRIVIA - WHITEFACE LOUNGE 7 PM
- TRHT RACIAL HEALING CIRCLE WHITEFACE 7PM

TABLING SESSIONS IN THE ACC FROM 11 AM - 2 PM:

- CARDINAL CUPBOARD
- TITLE IX #LOVEBETTER
- PLANNED PARENTHOOD

WED - 28TH

TABLING SESSIONS IN THE ACC FROM 11 AM - 2 PM:

- TITLE IX #LOVEBETTER
- PLATTSBURGH PLANET FITNESS
- PLATTSBURGH CROSSFIT
- COLORING AND WELLNESS GOODIE-BAGS

- FREE HUGS - ACC 12 PM - 1 PM
- COFFEE HOUSE - BURGHYS DEN 8 PM

- FREE HUGS
- MASSAGE CHAIRS
- CHI MACHINES
- ESSENTIAL OIL STATION
- OXEGEN BAR
- FOOT MASSAGES
- BORIS - THERAPY DOG

TABLING SESSIONS FROM:

- COUNSELING CENTER
- TRHT/DEI
- BHSN
- NORTH COUNTRY FOOD CO-OP
- UNIVERSITY POLICE
- ADIRONDACK NORTH COUNTRY GENDER ALLIANCE ARO
- GLOBAL EDUCATION OFFICE
- TRIO SSS
- CARDINAL CUPBOARD
- OUR CAMPUS DIETICIAN
- PLANNED PARENTHOOD
- THE FITNESS CENTER
- TITLE IX - #LOVEBETTER
- HEALTH CENTER

FRI - 1ST

- FREE HUGS - ACC 12 PM - 1 PM
- TRHT RACIAL HEALING CIRCLE - THE HUB 12 PM - 1 PM
- “THE ARTS AND MENTAL HEALTH: A #HEEALWITHIT WELLNESS WEEK CELEBRATION
- UNIVERSITY POLICE - TABLING - ACC 11