

WELLNESS WEEK

UPCOMING EVENTS

Mon 2/27	12 - 1 pm FREE HUGS ACC lobby DAILY	1 - 2 pm TEACHING KITCHEN Chef Laura and Registered Dietician Sarah -Clinton Dining Hall	5:30-6:30 pm PAINT WITH AVERY Hood Hall Main Lounge	7-7:45pm HARDBODY GROUP EXERCISE W/GRACE Algonquin Dining hall
Tues 2/28	12-1pm CORE VALUES WORKSHOP Cardinal Lounge-ACC	1-3 pm WALK-IN STI TESTING Student Health & Counseling Center	2-3 pm GIVE WHAT YOU CAN-TAKE WHAT YOU NEED ACC lobby	7-7:45 pm YOGA W/ SYLVIE Algonquin Dining Hall
Wed 3/1	12-1pm "ENOUGH IS ENOUGH"- A CONVERSATION ABOUT AFFIRMATIVE CONSENT Cardinal Lounge-ACC	5-5:45 pm KICKBOXING W/JILLIAN Algonquin Dining Hall	7-8 pm WANNA MAKE OUT? A CONVERSATION ABOUT CONSENT W/ DR. LORI BEDNARCHIK Warren Ballrooms-ACC	
Thurs 3/2	10 am - 2 pm WELLNESS FAIR Warren Ballrooms-ACC	12-12:45 pm YOGA W/ SHAWNA Algonquin Dining Hall	7-8:30 pm SEX ED. TRIVIA Wilson Hall Main Lounge	7 :30-8:30 pm YOGA W/ JEMMA MacDonough Hall
Fri 3/3	3-4 pm SPEED FRIENDING W/COUNSELORS FRAN & INGA Warren Ballrooms- ACC	QUESTIONS? EMAIL WELLNESS@PLATTSBURGH.EDU		
				

**ATHLETICS
HOMEPAGE**

**RECREATION
HOMEPAGE**

**GROUP
EXERCISE
SCHEDULE**

