

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**
- **OXYGEN 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**
- **OXYGEN 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**