

Wellness Wednesday

Surf the
Wellness Wave



Sept. 1: **Intro to Yoga**

3—4 p.m., SLC Mind Body Room

Sept. 8: **Explore Outdoor Pursuits**

3—4 p.m., Meet at Outdoor Pursuits

Sept. 15: **Assess and Address Your Stress**

3—4 p.m., Corey Union Exhibition Lounge

Sept. 22: **Healthy Friendships**

Podcast— soundcloud.com/cortlandHPO

Sept. 29: **Wellness Day: Healthy Red Dragons**

Noon—3 p.m., SLC lobby

Oct. 6: **Empowerment Self-Defense**

4—5 p.m., Corey Union Exhibition Lounge

Oct. 13: **LGBTQ+ and Mental Health**

3—4 p.m., Corey Union Exhibition Lounge

Oct. 20: **All Mixed Up**

3—4 p.m., Corey Union Exhibition Lounge

Oct. 27: **Don't Let the Consequences Haunt You**

Noon —3 p.m., SLC Lobby

Nov. 3: **Academic Success**

Podcast— soundcloud.com/cortlandHPO

Nov. 10: **Party Smart with Us Before Cortaca**

Noon —3 p.m., SLC Lobby

Nov. 17: **Great American Vape Out**

Noon —3 p.m., SLC Lobby