

Wellness Wednesday

Your Road to Health

Aug. 31: Intro to Africana Dance

7—7:30 p.m., SLC Multi-Activity Court

Sept. 7: Intro to the Outdoors

7—7:30 p.m., Outside Outdoor Pursuits at the SLC

Sept. 14: Well-Being: Finding What Works for You

6—6:30 p.m., Corey Union Exhibition Lounge

Sept. 21: Meditation Sampler

6—6:30 p.m., Corey Union Exhibition Lounge

Sept. 28: Wellness Day: Healthy Red Dragons

Noon—3 p.m., SLC Lobby

Oct. 5: Empowerment Self-Defense

6—6:30 p.m., Corey Union Exhibition Lounge

Oct. 12: They, She, He, Ze and More

6—6:30 p.m., Corey Union Exhibition Lounge

Oct. 19: Celebrating Latine History Month

Podcast— soundcloud.com/cortlandHPO

Oct. 26: Don't Let the Consequences Haunt You

Noon—3 p.m., SLC Lobby

Nov. 2: Less Stress, More Success

6—6:30 p.m., Corey Union Exhibition Lounge

Nov. 9: Party Smart Before Cortaca

Noon —3 p.m., SLC Lobby

Nov. 16: What's Going In My Lungs?

Noon —3 p.m., SLC Lobby

Note: SLC is the Student Life Center

If you need any accommodations to fully participate, contact
lauren.scagnelli@cortland.edu