

# CONLEY WELLNESS WEDNESDAY

## Jan. 29: **Yoga and Meditation**

Yoga 5:45 - 6:45 p.m., SLC Mind Body Room  
Meditation 7 - 8 p.m., SLC Mind Body Room

## Feb. 5: **Outdoor Winter Wellness**

4:30 - 5:15 p.m., SLC Outdoor Pursuits

## Feb. 12: **Learn Your Love Language**

1 - 3 p.m., SLC Lobby

## Feb. 19: **Embrace Strength Beyond the Gym**

7 - 8 p.m., Corey Union Exhibition Lounge

## Feb. 26: **Assumptions and Opinions**

1 - 3 p.m., Neubig Hall Lobby

## March 5: **Why Our Members Make Risky Decisions**

7:30 - 8:30 p.m., Corey Union Function Room

## March 12: **Safe Spring Break**

1 - 3 p.m., SLC Lobby

## March 19: **Spring Break Interviews**

Podcast released on [soundcloud.com/cortlandHPO](https://soundcloud.com/cortlandHPO)

## March 26: **Nutrition Facts Unwrapped**

1 - 3 p.m., Neubig Hall Lobby

## April 2: **S'more Consent**

1 - 3 p.m., Neubig Hall Lobby

## April 9: **Period.**

1 - 3 p.m., Neubig Hall Lobby

## April 16: **Higher Awareness: Safer Cannabis Use**

6 - 6:45 p.m., Corey Union Exhibition Lounge

## April 23: **Grow Your Own Vegetable Plant**

1 - 3 p.m., Corey Union Steps

**Healthy Habits  
are tea-riffic**



**Health Promotion Office, Spring 2025**

If you need any accommodations to fully participate, contact [Lauren.scagnelli@cortland.edu](mailto:Lauren.scagnelli@cortland.edu)

Note: SLC is the Student Life Center