

HEALTH AND WELLNESS CENTER



2019 September

BACK TO UNI WELLNESS FAIR
MINDFULNESS- BASED STRESS REDUCTION COURSE

2019 October

WORLD OBESITY DAY
WORLD MENTAL HEALTH DAY
FIRST AID TRAINING
INTUITIVE PAINTING WORKSHOP

2019 November

PUBLIC SPEAKING SEMINAR
BREATHWORK WORKSHOP

2019 December

HEALTHY HOLIDAYS
MINDFUL EATING WORKSHOP

2020 January

MINDFULNESS WORKSHOP
WELLNESS SEMINAR
FIRST AID TRAINING

2020 February

WORLD CANCER DAY
LIFE WRITING WORKSHOP

2020 March

AUB DEPARTMENTS PLAY FOR HEALTH
NUTRITION MONTH

2020 April

TEEN HEALTH WEEK
WELLNESS SEMINAR

2020 May

WORLD NO TOBACCO DAY
FIRST AID TRAINING

2020 June

GLOBAL WELLNESS DAY
WELLNESS RETREAT

ALL YEAR-ROUND WELLNESS CLASSES

- Mindfulness Meditation: every Monday 6:00 pm - 7:30 pm
- Yoga: every Tuesday 5:30 pm - 7:00 pm
- Tai Chi: every Thursday 5:30 pm - 7:00 pm
- Free Aerobics Class: every Monday and Wednesday 5:00 pm - 6:00 pm