

MIND, BODY & SOUL

A Week of Wellness and Self Care

NOVEMBER 30 - DECEMBER 4, 2020

Events will take place via Zoom

Monday, November 30

12:15pm - 1:15pm

Guided Art Meditation & Yoga

Monday, November 30

5:00pm - 6:00pm

Spirituality and Wellness

Tuesday, December 1

12:15pm - 1:15pm

Spa Morning:
Spa Face Mask Making

Wednesday, December 2

12:15pm - 1:15pm

Healthy Eating and Wellness

** Student Association Announces their
Grand Prize Winner! (post workshop)*

Wednesday, December 2

6:00pm - 7:00pm

Stress Management Workshop

Thursday, December 3

6:00pm - 7:30pm

Draw it Out:
Relaxation through Art

Friday, December 4

11:00am - 12:00pm

Sound bath experience

Program is free and registrations are required.

Link to register:

<https://forms.gle/hYEa3V3x3sXGpBMGA>

* Image: Ikat, c.1860, textile, Dyed silk/Cotton, GTM 2010.6.10

