

October Wellness Events at the School of Nursing



As we are all finding our footing in a new semester at Cooper Hall, we wanted to reach out to share wellness offerings for our School of Nursing community. We hope you can join us at some of our upcoming events!

Dogs on Call

Join us for Dogs on Call TODAY, Monday, October 10th from 11:30am-1pm. Come and pet, hang out, and love on some cute dogs in the grassy area between Nursing and Pharmacy.

Yoga at Cooper Hall!

Free yoga classes will be led by SoN student and yoga instructor, Sanne Kelly. Thank you, Sanne, for offering your talents! Please bring your own yoga mat & wear comfortable clothing. Classes will be “drop-in”. We kindly ask that participants help move furniture before the class, and ensure that tables and chairs are moved back to their original position at the end of class.

When: Thursdays from 10am-11am for the fall semester (Starting October 13th!)

Where: Lakeview Place (3rd floor: 3245)

Who: All School of Nursing faculty, staff, and students are welcome to join!

Cost: Free

Pumpkin Painting

Join us to celebrate the season and paint some pumpkins! You are welcome to take your pumpkin home after you decorate it. Everyone is welcome (students, faculty, and staff)!

When: October 25th & October 26th from 10am-2pm

Where: School of Nursing Atrium

Cost: Free

Join Us for the Fall Wellness Series

Hosted by the School of Nursing Wellness Advisory-Action Committee

All School of Nursing students, faculty, and staff are invited to join us for our Fall Wellness Series! Healthy snacks will be available for all participants to enjoy. You will also have the chance to enter your name in the raffle to win a prize! **Please note:** calendar invites will be sent out to faculty and staff for all events.

Mindfulness

Three 15-minute sessions will be offered on each date. Join us for one session or stay for all 3! No experience is needed.

- Monday, October 24th from 12:30-1:30 (Room 1231)
- Wednesday, November 16th from 12:30-1:30 (Room 1227)

Yoga

Guided yoga will be offered in-person using the DownDog app. No experience is needed. Please bring a yoga mat (or towel), a few mats will be available for those that do not have them. The first half of class will include gentle yoga (a vinyasa flow that includes a longer warmup and cooldown and is gentle on the knees) and the second half of class will include cardio flow (a more vigorous, medium paced moving vinyasa practice). You may tailor the class to your individual needs and abilities.

- Tuesday, October 25th from 11:30-12:30pm (Enroth Hall)
- Tuesday, October 25th from 12:30-1:30pm (Enroth Hall)
- Monday, November 14th from 12:30-1:30pm (Enroth Hall)

Walk to Picnic Point

Take a walk with us! Join new and familiar faces as we enjoy the changing colors on a walk to Picnic Point.

- Wednesday, October 26th: meet at 11:30am in the atrium
- Wednesday, October 26th: meet at 12:30pm in the atrium
- Tuesday, November 15th: meet at 11:30am in the atrium
- Tuesday, November 15th: meet at 12:30pm in the atrium

We encourage you to bookmark the [School of Nursing Wellness Website](#). Check back often for new information, events, and resources!