

# WELLNESS DAY 2023 PROGRAM – Oct. 12, 2023

Welcome: 9:30-9:40

Provost & Senior Vice President for Academic Affairs - Joshua Powers

Vice President for Student Development - Miki Cammarata

<https://wpunj.zoom.us/j/98997755545?pwd=cFZ5YVNuc1F5dj5VTd5RG9jbGZJUT09>

## Join us all day for...

- ❖ CPR Demo (choose session) 10-11, 11:30-12:30pm, 1:30-2:30, 3:00-4, American Heart Association, UC 171AB.
- ❖ Health Screenings - Passaic County Health Dept - Mobile Unit, in front of Speert Green.
- ❖ St. Joseph's Health - Dr. Ukwu, Medical Director Occupational Health and Wellness, Men's Health Education, in front of Speert Green 12-2pm.
- ❖ Flu Vaccinations – Atlantic Health, 11-3, bring proof of health insurance - Speert Hall Lobby, near Community Policing station.

## Morning Zoom

- ❖ Inclusive Practices for Supporting Students in the Classroom (Daisy Rodriguez & Nicole Bartolotta) – 9:45-10:30  
<https://wpunj.zoom.us/j/98467799825?pwd=YmxqMUpYaDRtdDIHWEpBblJSSHMyZz09>
- ❖ We Belong: Sharing our Stories on how to Thrive, Engage, and Matter in STEM Fields (Rose Mitchell & Sandy Hill) – 10:45-11:30  
<https://wpunj.zoom.us/j/97925507157?pwd=SHpKRy9BNIRXdVhvRWZFSzJYZXN2UT09>
- ❖ Everyday Mindfulness: How to Incorporate Mindfulness Practices in Your Daily Routine (Rebecca Bohmer) – 11:45-12:30  
<https://wpunj.zoom.us/j/91452162944?pwd=aWpvRHZPY2RPSnBRME00clBmVFR1UT09>

## Morning & Afternoon On-campus

- ❖ Dhrupad, the ancient meditative music of India (Payton MacDonald) - 10:00-10:45, Ballroom C.
- ❖ Gentle Yoga and Meditation (Lucia McMahon) - 11-11:45, Ballroom C.

**Lunch break 11:45-1:00** -brown bag Zanfino plaza + Healthy Meal Prep Demo (St Joseph's Health Nutritionist) [rain location: Ballroom A]

- ❖ Tai Chi class (Erin Stelma) 1:00 -1:45, Speert Green [rain location: Ballroom C].
- ❖ Art Walk (Casey Mathern, University Galleries) 2-2:30 – Ben Shahn Galleries.
- ❖ Harvest Display Build (free pumpkins for participants!) (Jim Shelley) -2:45-3:00 Speert Green.
- ❖ Campus Walk (guided) OR Lawn Games, including volleyball, badminton (Erin Stelma) - 3-4:00 Speert Green.

\*Snacks and Refreshments offered throughout the day.