

Winter Wellness Weeks

Join Wellness Promotion and many campus partners for programs during the last two weeks of the semester to focus on yourself and your well-being as you head into final exams!

Monday, Dec. 2

Game & Snack Night
6:30 - 8 pm
Schmidt Hall, Main Lobby

Hot Cocoa & Card Making
7 - 9 pm
Allegheny Hall, 2nd Floor Lounge

Tuesday, Dec. 3

End of Semester Winter Party
11 am - 2 pm
Commuter Center (Sykes, 3rd floor)
All commuters are invited to celebrate with a photobooth, food, crafts, hot chocolate bar, and therapy dogs!



Step into the Pages
12 - 3 pm
Sykes 115
Enjoy a book-themed experience with cookies, non-fictional stuff-a-buddy pals, coloring pages, and a blind date with a book!

Yoga
12:30 - 1:30 pm
Center for Contemplative Studies

Dog Yoga
Two sessions: 11:30 am and 12:30 pm
Campus Rec, MAC Court
Register in IMLeagues

Therapy Dogs
6 - 7:30 pm
Sykes Lobby

Allegheny Got Talent
8 pm
Allegheny Hall Theater Room
Register + access talent submission form on RamConnect.



Wednesday, Dec. 4

Holiday Makers Market
11 am - 3 pm
Sykes Ballrooms
Holiday shopping with 30+ vendors!

Ram Catholic Gospel on the Go
1:30 - 2:30 pm
Center for Contemp. Studies

Therapy Dogs
12 pm and 6 pm
FHG Library

Mindful Painting
2:30 - 3:30 pm
Center for Contemp. Studies

Therapy Dogs
4:30 - 6 pm
Sykes Lobby

Thursday, Dec. 5

Yoga
12:30 - 1:30 pm
Center for Contemp. Studies

Therapy Dogs
2 pm
FHG Library

Relax the Mind and Body
3:30 - 4:30 pm
Center for Contemp. Studies

Join a class to fully relax using deep breathing to music followed by a body and mind relaxation meditation.

Friday, Dec. 6

BeWell Hut: Finals De-Stress
2:30 - 3:30 pm
Outside of SECC

Meditation Group Practice
2 - 4 pm
Center for Contemp. Studies

Monday, Dec. 9

Finals De-Stress Station
10 am - 3 pm
Student Health Conf. Room (ground floor, Commonwealth Hall)
Drop in Wellness Promotion for foot and neck massagers, snacks, make a finals de-stress kit, and more!

Finals De-Stress Yoga w/ Maddy
6 - 7 pm
Campus Rec, Studio B
Register in IMLeagues

Tuesday, Dec. 10

Restorative Yoga w/ Gabby
8 - 9 am
Campus Rec, Studio B
Register in IMLeagues

Yoga
12:30 - 1:30 pm
Center for Contemp. Studies

Cupcakes & Affirmations
12 - 1 pm
Outside FHG Library
Write an affirmation - get a Dia Doce cupcake!

Dog Therapy Extravaganza
1 - 3 pm
Sykes Ballrooms A&B

Wednesday, Dec. 11

Ram Catholic Gospel on the Go
1:30 - 2:30 pm
Center for Contemp. Studies

Mindful Painting + Expo
Painting: 2:30 - 3:30 pm
Expo: 3:30 - 4:30 pm
Center for Contemp. Studies

Stress Buster (Day 1)
12 - 2 pm
Global Engagement Center, Mitchell Hall
An opportunity for studying, socializing, playing games, and unwinding while you enjoy some delicious food.

Thursday, Dec. 12

Yoga
12:30 - 1:30 pm
Center for Contemp. Studies

Stress Buster (Day 2)
12 - 2 pm
Global Engagement Center, Mitchell Hall
An opportunity for studying, socializing, playing games, and unwinding while you enjoy some delicious food.

Friday, Dec. 13

De-Stress Yoga w/ Lindsey
5:15 - 6:15 pm
Campus Rec, Studio B
Register in IMLeagues

Holiday Slow Flow Yoga w/ Gabby
7 - 8 pm
Campus Rec, Studio B
Register in IMLeagues

RamConnect



IMLeagues



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