

WCU WISH Week

WELL-BEING. INTERESTS & STRENGTHS.
SUCCESS & MINDSET. HAPPINESS.

MONDAY 3/26: Well-Being DAY (in progress)

WISH Week Promo Tables & Giveaways, 11:00 - 2:00, Sykes
Focus on Center for Contemplative Studies

Counseling Center & Wellness Promotion Event, 11:00 - 2:00,
Sykes Ballroom A&B

Tai Chi, 11:00 - 11:45, HSC102B

Yoga, 12:00 - 12:30, TBD

Yoga, 3:00 - 3:45, Sykes Ballroom C

Stand-up Paddleboard Yoga, TBD

Trap yoga w/guided discussion centered on Well-Being,
8:00 - 9:00pm, Center for Contemplative Studies