

# WCU WISH Week

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

## MONDAY 3/26: WELL-BEING DAY

WISH Week Promo Tables & Giveaways

11:00 - 2:00, Sykes Lobby

Focus on Center for Contemplative Studies

Humanity and Resiliency Project

11:00 - 2:00, Sykes Ballroom A&B

Trivia Pong, Insta vs. Finsta, Information Tables on Digital Detox, Social Media Use, & Connecting and Not Comparing

Tai Chi, 11:00 - 11:45, Health Science Center 102B

Yoga with Lori Klein, 12:00 - 12:30, Sykes Ballroom C

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

Bring Your Own Mat!

Stand-up Paddleboard Yoga

3:00 - 3:45 & 4:00 - 4:45, North Gym Pool

Space is Limited!

Trap Yoga w/Guided Discussion on Well-Being

8:00 - 9:00, Ehinger Gym