




# WCU WISH Week

## 2017

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**Tuesday, March 21, 2017**  
Well-Being Day

“Keep your face always toward the sunshine – and shadows will fall behind”

<u>All Day</u>	<b>Theme-related Books</b>	FHG Library Circulation Area (by Mindset Book Area)
<u>10:00 – 11:00</u>	<b>Student Health Info Table</b>	Sykes Lobby
<u>11:00</u>	<b>Yoga</b>	Ctr for Contemplative Studies
<u>11:30</u>	<b>Meditation</b>	Ctr for Contemplative Studies
<u>11:00 – 1:00</u>	<b>Wellness Information</b>	Sykes Lobby Sherry Mendez, Wellness Promotion
<u>11:00 – 2:00</u>	<b>Digital Detox*</b>	Sykes Lobby Lindsay Sauers & Stephanie Sibley, Counseling Ctr
	<b>Visit w/Therapy Dogs Picture Boards</b>	Babs & the Bernese Mountain Dogs
<u>12:00 – 1:00</u>	<b>Well-Being &amp; Pos Psy</b>	Sykes Lobby Kirstin, Shelesky, Counseling Center

\*The Humanity & Resilience Project – Digital Detox Preview



<u>1:00</u>	<b>Yoga</b>	Ctr for Contemplative Studies
<u>1:30</u>	<b>Meditation</b>	Ctr for Contemplative Studies
<u>2:00 – 2:20</u>	<b>Pilates</b>	Ctr for Contemplative Studies Sarah Juric
<u>2:30 – 2:50</u>	<b>Tissue Work</b> (Stress Balls)	Ctr for Contemplative Studies Sarah Juric
<u>3:00 – 3:20</u>	<b>Pilates</b>	Ctr for Contemplative Studies Sarah Juric
<u>3:25 – 4:15</u>	<b>Tai’Chi</b>	Anderson 120 Mitch Goldfarb
<u>4:00 - 5:00</u>	<b>Digital Detox*</b> <b>Mudd, WCU’s</b> <b>Therapy Dog</b> <b>Picture Boards</b>	Sykes Lobby Lindsay Sauers, Counseling Center Rachel Daltry, Counseling Center
<u>4:45 – 5:30</u>	<b>Mindfulness</b>	Ctr for Contemplative Studies Dr. Chris Moriconi, Dept of Nursing
<u>6:30 – 7:15</u>	<b>Mindfulness</b>	Commonwealth Hall, Multipurpose Room Dr. Chris Moriconi, Dept of Nursing

Check out our Facebook page for the full week’s schedule!

See our **daily Snap-Chat filters!** Use our **daily Picture Boards!**

**Like us on Facebook** and earn a raffle ticket for end-of-the week prize give-aways.

