Wellness Day for Staff and Faculty

April 12, 2023

9:00 am – 3:00 pm – Chair Massages - Hanes Commons - The Well
15-minute massages offered (must sign up – 1st come first served)
Register at:
Chair 1 - https://www.signupgenius.com/go/10C0948A5A0A0FC07-uncsa
Chair 2 - https://www.signupgenius.com/go/10C0948A5A0A0FC07-uncsa1

10:00 am – 3:00 pm – Library Activities
• Blind date with a Book – 1st Floor
• Netflix not Needed: Overview of Streaming Films – 2nd floor (11 am-12 pm)
• Crafts, Puzzles, and Games – 2nd floor
• Makerspace – exploration & print your own poster – 1st floor (12pm-3pm)

11:00 am – 2:00 pm – Fun Activities (Daniels Plaza)
• Tie Dye T-Shirts
• Cornhole
• Karaoke

12:00 noon – 1:30 pm- Drop-in Jazz Class - Workplace Dance Studio – Room 608 A
Faculty Member – Keith Thomas

2:00 pm - 5:00 pm – Floating Social (Italian Ice Truck) Hanes Commons – Bottom Floor
Sponsored by Staff Council