

Wellness Day for Staff and Faculty

February 17, 2022

9:00am – 3:00pm – Chair Massages - Hanes Commons - COM-202

15 – minute Massages offered (must sign up – 1st come first serve)

[Chair Massages Link - 1](#)

[Chair Massages Link - 2](#)

10:00 am – 11:00 am - Eating Healthy on a Budget (Virtual Workshop)

Facilitated by ComPsych

[Registration Link](#)

11:00 – 12:00 pm – Work-Life Balance and Stress Reduction (In-person Workshop) SAAB Room 306 - No pre-registration required

Facilitated by Jill Crainshaw

12 pm – 2:00 pm – Floating Ice Cream Social - Hanes Commons - COM-201 Sponsored by Staff Council

1:00 pm – 2:00 pm Learning to Relax (Virtual Workshop)

Facilitated by ComPsych

[Registration Link](#)

2:45 pm – 4:00 pm – Campus Tour - Tour begins at Daniels Plaza Jim DeCristo – Tour Guide

