

Join in the fun! Don't forget the Raffle at 3 p.m.!

Student Wellness Day Activities

GAMES

Time: 12 p.m. – 4 p.m.

Location: Rec Area (next to classroom 035) – Ground Floor

HEALTHY SNACKS

Time: 12 p.m. – 4 p.m.

Location: Lobby Area – Ground Floor

MASSAGE THERAPY with Emile Zinser of HV Wellness

Time: 12 p.m. – 4 p.m.

Location: Study Room 012 – Ground Floor

REIKI THERAPY with Fran Fay

Time: 1 p.m. – 2:30 p.m.

Location: Study Room 013 – Ground Floor

ORANGE REGIONAL MEDICAL GROUP

Time: 12 p.m. – 4 p.m.

Location: Lobby Corner (across from Auditorium 02) – Ground Floor

THERAPY DOGS with Bernese Mountain Dogs

Time: 1:00 p.m. – 2:30 p.m.

Location: Classroom 035 – Ground Floor

YOGA with Kelly Loiodice of Gentle Yoga, Inc.

Time(s): 1:00 p.m., 2:00 p.m. and 3:00 p.m.

Location: Lounge 03B – behind Double Glass Doors

**please bring a Yoga Mat or Towel with you and wear Yoga attire.*

ZUMBA with YMCA of Middletown

Time(s): 1:30 p.m.

Location: Study Room (next to classroom 035) – Ground Floor

**please be sure to wear clothing & shoes you can move in.*

GROUP GAME with YMCA of Middletown

Time(s): 2:30 p.m.

Location: Study Room (next to classroom 035) – Ground Floor

RAFFLE

Time(s): 3:00 p.m.

Location: Lobby – Ground Floor