

WELLNESS WEEK

MONDAY APRIL 18TH-SUNDAY APRIL 24TH

AM

MONDAY 18

PM

6:30 AM SUNRISE WALK

7 PM KARATE CLASS, MRB

TUESDAY 19

12-1 HEALTHY RELATIONSHIPS WITH FOOD, CROSSETT
1-2 LAUGHING YOGA, END OF THE WORLD/MRB(RAIN)
COPING GALLERY, DOWNCAF

8:30 PM LA VIE EN ROSE (LGBTQ), CROSSETT

WEDNESDAY 20

6:30 AM SUNRISE WALK, COMMONS LAWN
8-10 AM GUT FAUNA TABLE, DOWN COMMONS
1:15 PM MEDITATION CLUB, CROSSETT STAIRS

7 PM NARCOTICS ANONYMOUS, EAC2

THURSDAY 21

12-1 MANAGING STRESS AND EMOTIONS, CROSSETT
12-2 AROMATHERAPY, DOWN COMMONS

7 PM SEXUAL HARASSMENT SURVIVOR EVENING, email
tessmorrison@bennington.edu for location
10 PM FULL MOON CIRCLE, LEIGH APARTMENT

FRIDAY 22

8 PM GRATITUDE OPEN MIC NIGHT, DOWNCAF
10:30 PM ECSTATIC DANCE, DOWNCAF

SATURDAY 23

2 PM POTTING PLANTS, FRANKLIN CR

6-8 PM JOURNAL MAKING AND REFLECTION
7 PM SWING CLUB, VAPA E303
STORIES FROM THE THERAPISTS CHAIR, DOWNCAF

SUNDAY 24

1 PM BE ILL, LIBRARY READING ROOM
2:30 PM QUIDDITCH, COMMONS

6:30 PM SUNSET WALK, DOWN COMMONS
7 PM MEDITATION CLUB, LIBRARY STAIRS
4 PM KALOPSIA, UPCA

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