

September 2019

Workshops

Key:

UADR: Union Alumni Dining Room
 UTVDR: Union Tower View Dining Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 #Relationships (Dana): 2:00-3:00. STA Center Room	4 Meditation (Mike): 12:00-1:00. UADR or UTVDR Wellness Wednesday (Judy): 8:00-9:00 pm. Union Meeting Room D	5 Dare to Self-Care (Judy): Goal Setting 11:00-12:00. Union Meeting Room A	6 Grief Share Group (Kristen): 11:00-12:00. STA Exec Boardroom or STA West Room	7
8	9 Stress Busters (Rachel): 4:00-5:00. STA Exec Boardroom or STA West Room.	10 #Relationships (Kristen): 2:00-3:00. STA Center Room	11 Meditation (Mike): 12:00-1:00. UADR or UTVDR Wellness Wednesday: 8:00-9:00. Career Closet North Complex	12 Dare to Self-Care (Judy): Purpose 11:00-12:00. Union Meeting Room A	13	14
15	16 Stress Busters (Dana): 4:00-5:00. STA Center room or STA Exec room Clean Bearcats (Rachel): 12:00-1:00. Wellness Center Conference Room	17 #Relationships (Mike): 2:00-3:00. STA West Room.	18 Meditation (Mike): 12:00-1:00. UADR or Union Meeting room D	19 Dare to Self-Care (Judy): Home Remedies. 11:00-12:00. Union Meeting Room A Open Mic Night (Mike): 7:00-9:00 pm. Union living room	20	21
22	23 Stress Busters (Kristen): 4:00-5:00. STA Center Room or STA Exec room	24 #Relationships (Rachel): 2:00-3:00. STA Center Room	25 Meditation (Mike): 12:00-1:00. UADR or UTVDR Wellness Wednesday (Judy): 8:00-9:00 pm. Union Meeting Room D	26 Dare to Self-Care (Judy): Sleep 11:00-12:00. Union Meeting Room A	27	28
29	30 Stress Busters (Rachel): 4:00-5:00. STA Center room or STA Exec room					

October 2019

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Key:

UADR: Union Alumni Dining Room
 UTVDR: Union Tower View Dining Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 #Relationships (Dana): 2:00-3:00. STA Center Room	2 Meditation (Mike): 12:00-1:00. UADR or UTVDR	3 Wellness Wednesday (BK): Thursday Flourish. 8:00-9:00 pm. Union Meeting Room A	4 Grief Share Group (Kristen): 11:00-12:00. STA Exec Boardroom or STA West Room	5
6	7 Stress Busters (Dana): 4:00-5:00. STA Center Room or STA Exec Room	8 #Relationships (Kristen): 2:00-3:00. STA Center Room	9 Meditation (Mike): 12:00-1:00. UADR or UTVDR Wellness Wednesday (Monica): Resiliency. 8:00-9:00 pm. Union Meeting Room D	10 Wellness Fair: Tower View. 11:00-1:00	11	12
13	14 Stress Busters (Kristen): 4:00-5:00. STA Center Room or STA Exec Room	15 #Relationships (Mike): 2:00-3:00. STA Center Room	16 Meditation (Mike): 12:00-1:00. UADR or UTVDR	17 Open Mic Night (Mike): 7:00-9:00 pm. Union Living Room Dare to Self-Care (Judy): Self-reflection 1:00-2:00. Union meeting room A	18	19
20	21 Stress Busters (Rachel): 4:00-5:00. STA Center Room or STA Exec room Clean Bearcats (Rachel): 12:00-1:00. Wellness Center Conference Room	22 #Relationships (Rachel): 2:00-3:00. STA Center Room	23 Meditation (Mike): 12:00-1:00. UADR or Union meeting Room D Wellness Wednesday (Judy): 8:00-9:00 pm. Foster Fitness Center	24 Dare to Self-Care (Judy): Nutrition. 1:00-2:00. Union Meeting Room A	25	26
27	28 Stress Busters (Dana): 4:00-5:00. STA Center Room or STA Exec Room	29 #Relationships (Dana): 2:00-3:00. STA Center Room	30 Meditation (Mike): 12:00-1:00. UADR or UTVDR Wellness Wednesday (Monica): Resiliency 8:00-9:00 pm. Union Meeting Room D	31 Dare to Self-Care (Judy): Sleep. 1:00-2:00. Union Meeting Room A		

November/December Workshops

Key:

UADR: Union Alumni Dining Room
UTVDR: Union Tower View Dining Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Grief Share Group (Kristen): 11:00-12:00. STA Exec Room	2
3	4 Stress Busters (Kristen): 4:00-5:00. STA Center Room or STA Exec Room	5 #Relationships (Kristen): 2:00-3:00. STA Center Room	6 Meditation (Mike): 12:00-1:00. UADR or UTVDR Wellness Wednesday (Judy): 8:00-9:00 pm. Union Meeting Room D	7 Dare to Self-Care (Judy): Stress 1:00-2:00. Union Meeting Room A	8	9
10	11 Stress Busters (Rachel): 4:00-5:00. STA Center Room or STA Exec Room	12 #Relationships (Mike): 2:00-3:00. STA Center Room	13 Meditation (Mike): 12:00-1:00. UADR or UTVDR	14 Open Mic Night (Mike): 7:00-9:00 pm. Union Living Room Dare to Self-Care (Judy): Purpose. 1:00-2:00. Union Meeting Room A	15	16
17	18 Stress Busters (Dana): 4:00-5:00. STA Center Room or STA Exec Room Clean Bearcats (Rachel): 12:00-1:00. Wellness Center Conference Room	19 #Relationships (Rachel): 2:00-3:00. STA Center Room	20 Meditation (Mike): 12:00-1:00. UADR or Union Meeting Room D	21 Dare to Self-Care (Judy): Self-Care Overall 1:00-2:00. Union Meeting Room D Wellness Wednesday (BK): Thursday Flourish. 8:00-9:00. Tower View Union	22	23
24	25 Thanksgiving Break	26 -----	27 -----	28 -----	29 -----	30
1	2 Stress Busters (Kristen): 4:00-5:00. STA Center Room or STA Exec Room	3 #Relationships (Dana): 2:00-3:00. STA Center Room	4 Meditation (Mike): 12:00-1:00. UADR or UTVDR Wellness Wednesday (Monica): Resiliency 8:00-9:00 pm. Union Meeting Room D	5 Open Mic Night (Mike): 7:00-9:00. Union Living Room Dare to Self-Care (Judy): Stress. 1:00-2:00. Union Meeting Room D	6 Grief Share Group (Kristen): 11:00-12:00. STA Exec Room or STA West Room	

