

MY WELLNESS

September 23 - 27

Self Care is more than a trend!

Students lead incredibly busy and stressful lives and it's important for you to prioritize your emotional, mental, and physical health so you can stay focused in school.

Health and Wellness don't just happen. You need to dedicate time and energy to make sure you are taking care of yourself.

Workshops on different facets of health will be held all week. Make sure you are making time, not just this week but every week for yourself! Information will be available in the cafeteria about different types of wellness and resources to address whatever area you need!

Learn more about this week and check out upcoming weeks at:

www.massbay.edu/studentengagement

Student Engagement

studentengagement@massbay.edu

Mindful MassBay

W Lib Conf. Rm B
Monday
1:00-2:00

**Suicide
Prevention 101
Workshop
Wellesley
Alumni Board Rm
Wednesday
1:00pm-2:00pm**

Take a Coloring Break

Wellesley Cafeteria

Monday

10:00am to 2:00pm

Framingham Cafe

Tuesday

10:00am to 2:00pm

**Physical Health
Workshop
Framingham 205/206
Thursday
12:00pm-1:00pm**



**Open Gym Hours
Recreation Wellness
Center (RWC)
Wednesday
11:00am -2:00pm**

Learn from a coach how to
get a full work-out for free
on campus

Mindful MassBay

W Lib Conf. Rm B
Thursday
3:30pm-4:30pm

**Join the MassBay
STEP Challenge!
Visit
[www.massbay.edu/
studentengagement](http://www.massbay.edu/studentengagement)
For more info**