

# Wellness Week

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Wellness Conversation: Students will be able to join the Student Life Webex Room, for informal, comfortable, relatable conversation. Students will be able to listen, ask questions and participate at their own discretion.

Dates: April 4th 2022- April 8th 2022

During these 30-minute information sessions, students will have the opportunity to connect, meet, share and learn about Wellness Education and how to promote positive well-being during their Winter 2022 Semester.

Listed below are the information session details and what the focus will be each day.

Join the sessions [here](#)

Date	Session	Details
April 4th, 2022 12:30 PM	Wellness Welcome and Introduction to Intellectual Wellness	<ul style="list-style-type: none"><li>• Topic: The Importance of Practicing daily wellness and self-care benefits</li></ul>
April 5th, 2022 12:30 PM	Nutrition Recognition  Nutritional Wellness	<ul style="list-style-type: none"><li>• Value of Nutritional Awareness</li><li>• Tips on how to incorporate healthy nutritional options on a student budget</li></ul>
April 6th, 2022 12:30 PM	Movement Matters  Physical Wellness	<ul style="list-style-type: none"><li>• Physical Activity beyond extreme regiment</li><li>• Benefits of adding movement to daily routine</li></ul>
April 7th, 2022 12:30 PM	Confidence Boosters or Creative Confidence  Emotional and Intellectual Wellness	<ul style="list-style-type: none"><li>• Difference between Confidence and Self Esteem</li><li>• The power of recognizing strengths</li><li>• Affirmation Awareness</li></ul>
April 8th, 2022 1:00 PM	The Power of Boundaries  Emotional Wellness	<ul style="list-style-type: none"><li>• Identifying Boundaries (Porous, Rigid, Flexible/healthy)</li><li>• Impact of boundaries on self-awareness (self-esteem, physical, intellectual and nutritional)</li></ul>