Wellness Room

HOURS: M-F, 8AM–5PM

- Guided meditation workshops (Mondays 4–4:45PM)
- Drop-in Hours with the Peer Health Educators (Mondays 2–3PM)
- Watch TED talks and discuss during TED Talks & Tea sessions (Wednesdays 4–4:45PM)
- Massage chairs (drop-in & online reservations)
- Self-guided wellness activities
  - Coloring
  - Puzzles
  - Origami
  - Playdoh
  - Reading
  - Meditation
  - Light stretching
  - and more!
Weekly Calendar of Events

WELLNESS ROOM

MONDAYS 2PM-3PM
Drop-in Hours with the Peer Health Educators
Come chat with the CSWHP Peer Health Educators about our resources and learn how we can support your wellness.

MONDAYS 4PM-4:45PM
Guided Meditation for Stress Relief
Enjoy a relaxing guided meditation with Natalie D’Azzo, certified yoga and meditation instructor.

WEDNESDAYS 4PM-4:45PM
TED Talks & Tea
Watch a wellness themed TED talk with Wellness & Peer Education Programs Manager, Natalie D’Azzo, and discuss your thoughts. Enjoy tea and relax in the wellness room!

Drop-ins welcome, no RSVP needed.