WELLNESS WEEK

MONDAY, MAY 13
11AM - 12PM | EMERALD BAY DE
Intro to Mindfulness & Meditation
[presentation & guided meditation]

TUESDAY, MAY 14
3PM - 4PM | EMERALD BAY CDE
Yoga without a Mat: Chair Yoga & Breathing Exercises
[activity based]

WEDNESDAY, MAY 15
2PM - 3PM | EMERALD BAY C
Journaling & Gratitude
[presentation and activities]

THURSDAY, MAY 16
11AM - 12PM | EMERALD BAY B
Creative Mindfulness: Art and Aromatherapy
[activity based]

*Snacks and Wellness Week t-shirts will be provided to all UCI students who attend.