

SPRING FORWARD TO WELLNESS

EVENT	TUESDAY 3/9	WEDNESDAY 3/10	THURSDAY 3/11
Art Therapy for Mental Wellness Presented by Health, Counseling, & Student Wellness	Art therapy for mental wellness 11AM- Zoom Christy Wolfram RSVP wolframc1@nku.edu		
Weekly Fitness Classes Presented by Campus Recreation	ZUMBA (In-Person & Virtual) 12:15-1:00pm in Studio 2 Trauma Sensitive Yoga (Virtual) 12:30-1:15PM	Yoga (Virtual) 12:00-12:45pm	Jazz Funk Fitness (In-Person & Virtual) 6:00-6:45pm in Studio 2
Words of Encourage" MINT" Presented by Health Innovations	Encourage" MINTS" SU 10AM-12PM	Encourage" MINTS" SU 10AM-12PM	Encourage" MINTS" SU 10AM-12PM
Mental Health Survival Tips Presented by Health, Counseling, & Student Wellness		Surviving & Thriving 4:30-5:30- Zoom Siobhan Ryan Perry RSVP ryanperrys1@nku.edu	
Norse Skolars Trivia Presented by University Connect & Persist	UC Ballroom 6PM-7pm https://nku.co1.qualtrics.com/jfe/form/SV_cu7WmCDyDTM1Eay		
Wellness Resource Fair Presented by Health, Counseling, & Student Wellness	Outside- SU Plaza 12PM-2PM	Outside- SU plaza 11AM-1PM	Outside- SU Plaza 11AM-1PM
Self-Care Event Presented by Norse Violence Prevention			3PM- Zoom Presented by NVP