



Holistic Health Awareness Day

September 11, 2017

A Day of Ample A.P.P.L.E.S.

Awareness • Prevention • Partnership • Leadership • Education • Support

8:30 a.m.-9 a.m. **A.P.P.L.E.S. Bagels, & Cream Cheese**
the ABCs of Self-Care Kick Off
Student Center Stage

9 a.m.-10 a.m. **Let's Talk A.P.P.L.E.S. 1**
Student Center Stage

11 a.m.- 1 p.m. **Mental Health Resource Fair**
Student Center

11-11:45 a.m. **Mindfulness Lunch and Learn**
Memorial Care Health Systems
Student Center Stage

12-12:45 p.m. **Mindfulness Lunch and Learn**
Memorial Care Health Systems
Student Center Stage

11:30-12:30 p.m. **Yoga**
Team Room

12:45-1:45 p.m. **Meditation**
Pilates Room

3-4 p.m. **Let's Talk A.P.P.L.E.S. 2**
Student Center Stage

3-4:30 p.m. **Kognito Workshop**
BE 117

5-6 p.m. **Zumba**
CE 4