



WILLIAM PATERSON UNIVERSITY

WELLNESS DAY 2023 Thursday, October 12

WELCOME

9:30-9:40 a.m.

Joshua Powers, Provost and Senior Vice President for Academic Affairs

Miki Cammarata, Vice President for Student Development

<https://wpunj.zoom.us/j/98997755545?pwd=cFZ5YVNuc1F5djd5VTd5RG9jbGZJUT09>

MORNING ZOOM PROGRAMS

9:45 -10:30 a.m.

Inclusive Practices for Supporting Students in the Classroom

Daisy Rodriguez, Counseling, Health and Wellness Center

Nicole Bartolotta, Accessibility Resource Center

<https://wpunj.zoom.us/j/98467799825?pwd=YmxqMUpYaDRtdDIHWEpBb1JSSHMzZz09>

10:45- 11:30 a.m.

We Belong: Sharing our Stories on How to Thrive, Engage, and Matter in STEM Fields

Rose Mitchell, ASPIRE Project Coordinator

Sandra Hill, Associate Provost

<https://wpunj.zoom.us/j/97925507157?pwd=SHpKRy9BNIRXdVhvRWZFSzJYZXN2UT09>

11:45 a.m.-12:30 p.m.

Everyday Mindfulness: How to Incorporate Mindfulness Practices in Your Daily Routine

Rebecca Bohmer, ASPIRE Student Success Coach

<https://wpunj.zoom.us/j/91452162944?pwd=aWpvRHZPY2RPSnBRME00clBmV-FR1UT09>

HEALTH OFFERINGS

10:00-11:00 a.m. | 11:30 a.m.-12:30 p.m.

1:30-2:30 p.m. | 3:00-4:00 p.m

UC 171A/B

CPR Demonstration (choose session)

Presented by the American Heart Association

9:00 a.m.-4:00 p.m. | In front of Speert Green

Health Screenings, Passaic County Health Department Mobile Unit

12:00-2:00 p.m. | St. Joseph's Health Tent In front of Speert Green

(rain location: UC First Floor Lobby)

Men's Health Education

Dr. Victor Ukwu, Medical Director, Occupational Health and Wellness

11:00 a.m. - 3:00 p.m. | UC 168 A/B

Flu Vaccinations

Staffed by Atlantic Health (bring proof of health insurance)

MORNING ON-CAMPUS PROGRAMS

10:00-10:45 a.m. | UC Ballroom C

Dhrupad, the Ancient Meditative Music of India

Payton MacDonald, Professor of Music

11:00-11:45 a.m. | UC Ballroom C

Gentle Yoga and Meditation

Lucia McMahon, Professor of History

LUNCH BREAK AND DEMO

11:45 a.m.-1:00 p.m. | Zanfino Plaza (rain location: UC Ballroom A)

Healthy Meal Prep Demo, St Joseph's Health Nutritionist

Bring a brown bag lunch!

AFTERNOON ON-CAMPUS PROGRAMS

1:00 -1:45 p.m. | Speert Green

(rain location: UC Ballroom C)

Tai Chi class

Erin Stelma, Associate Director for Recreation

2:00-2:30 p.m. | Ben Shahn Galleries

Art Walk

Casey Mathern, Director, University Galleries

2:45-3:00 p.m. | Speert Green

Harvest Display Build

Free pumpkins for participants!

Jim Shelley, Director, Physical Plant Operations

3:00-4:00 p.m. | Speert Green

Campus Walk (guided) **OR Lawn Games**

Including volleyball and badminton

Erin Stelma, Associate Director for Recreation

**Snacks and refreshments offered throughout the day*

**Employees are encouraged to bring donations for the Pioneer Pantry*