



Health-Promoting University Week

APRIL 21-26

MONDAY April 21st

All day Around campus Anna Coke takes over @kstatedassa to spread positivity. Look for her on campus for your chance to be featured.

All day Around campus Students are invited to take a flower, give a flower and spread acts of kindness.

10-11AM Zoom THE JOY OF MOVEMENT For faculty & staff, presented by EAP

5:30PM Rec Center HPU NIGHT AT THE REC All of campus is welcome to participate in group fitness classes, win prizes and enjoy snacks.

TUESDAY April 22nd

10AM-Noon Bosco Plaza GRATITUDE WALL Wildcats, share what makes you happy.

2-3PM Zoom COPING DURING UNCERTAIN TIMES For faculty & staff, presented by EAP

4-6PM Bosco Plaza FLOW AND GROW Everyone can paint a pot, choose a plant, and enjoy music, snacks and good vibes.

WEDNESDAY April 23rd

9AM-3PM Around campus SCAVENGER HUNT FOR WELL-BEING Students, get your game card at the Union

10-11AM Zoom STRATEGIES TO IMPROVE YOUR FINANCES For faculty & staff, presented by EAP

Noon-1PM Leadership Town Hall WHAT MATTERS TO ME AND WHY Everyone is invited to this Lunchtime series featuring Provost Mendez

THURSDAY April 24th

8-8:30AM Zoom MINDFULNESS MOMENTS Let's all start our day with calm and clarity

11:30AM Anderson Lawn YOGA ON THE LAWN Everyone can join this outdoor yoga class

2-3PM Zoom COPING WITH COMPASSION STRESS For faculty and staff, presented by EAP

2:30-3:30PM Regnier Hall NATURE WALK WITH WILLIE Wildcats, join us as we walk to the Gardens

FRIDAY April 25th

9-11AM Hale Library COFFEE AND COLORING A relaxing environment for all Wildcats

10-11AM Zoom DESKERCISE! TAKING CARE OF YOUR BODY DURING THE WORKDAY For faculty and staff, presented by EAP

2-3PM Zoom LONELINESS AND SOCIAL ISOLATION IN TODAY'S WORLD For faculty and staff, presented by EAP

SATURDAY

April 26th

9-11:30AM

K-State Gardens

k-state.edu/rose-run



k-state.edu/hpu/events/health-week

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