Wellness Staff Highlight: Here to Support Our Students!

Kyra Patel
(She/Her/Hers)
Coordinator for Student Social Wellness

I'm here to support the "Sexual Health and Education" of our students
Peer Education:
Students dedicated to the health and well-being of their fellow App State students.

Request a Presentation/Schedule a meeting:
https://wellness.appstate.edu/peer-education-1551273316

WE CAN-
Collaborates with Appstate student organizations to implement programs encompassing body image, mental health, nutrition, and sexual health.

WE COACH-
A personal advocate that understands the struggles of a student because they are one! Coaches Guide students through common college challenges in 1 on 1 sessions.

Want to be a We Coach? Apply Today! Applications due Feb. 14th:
https://wellness.appstate.edu/we-coach

Red Flag Educators-
Conduct Educational seminars with student groups on the topic of “red flags” for sexual, interpersonal, and dating violence.
"What's New with Koru??"

KORU Mindfulness Classes

Koru Mindfulness officially started spring classes! Koru Mindfulness is a 4-week course where participants learn mindfulness and meditation skills. Learn to cope with stress, improve your sleep, and practice self-compassion!

KORU 2.0 Classes

Loved Koru? Koru 2.0 is the next level of Koru, invite only, for anyone who has already completed the first Koru class. You will learn new meditation skills and deepen your practice in community with other students and staff looking to advance their meditation. If you completed the first class, you've been invited! Check your inbox carefully and join the class today!

Go At Your Own Pace Meditation Classes

No time to take a full Koru class? Try out one of our 4 week "Go At Your Own Pace" classes. There are no scheduled meetings, and all content can be viewed on your own time. There is a one-time $3.99 fee to use the Koru app for these classes.
Interested in Koru?
Sign up here:
wellness.appstate.edu/koru-mindfulness

Upcoming sessions:

KORU Minfulness Classes
1. TUESDAYS 2pm - 3:15pm
   02/01/2022 - 02/22/2022
   Teachers: Ben Asma
   Location: ONLINE

2. TUESDAYS 3:30pm - 4:45pm
   02/08/2022 - 03/01/2022
   Teachers: Ginger Bryant
   Location: TBD

3. WEDNESDAYS 3pm - 4:15pm
   03/23/2022 - 04/13/2022
   Teachers: Laurie Rivera
   Location: TBD

KORU 2.0 Classes
WEDNESDAYS 5pm - 6:15pm
03/23/2022 - 04/13/2022 in
STUDENT UNION
Teacher: Ginger Bryant

Go At Your Own Pace
Meditation Classes
VIRTUAL - YOUR PACE
1. February 3rd - February 24th
2. March: March 1 - March 29
3. April: April 4 - April 25

Sign up here:
wellness.appstate.edu/koru-mindfulness

Upcoming sessions:
Watch our stream on TWITCH!

https://www.twitch.tv/appstate_wellness

Follow Us On Instagram for Our Stream Schedule!!!

Valentines Day Stream Special!
February 7-9 pm.

Kyra Patel, Coordinator for Student Social Wellness, will join us to talk about healthy dating, consent, and relationships. Have your questions ready as we play....
What is the CRC?

The CRC offers support to students in recovery; wanting to recover; or wishing to support others on their recovery journey.

CRC holds weekly recovery and community meetings. Curious about joining? Scan the link tree above for meeting times, events, Ally training, and more! Recovery is possible, and we're here to help.
The Collegiate Recovery Community Presents....

March 2022

Website: wellness.appstate.edu
Instagram: appstate_wellness
Tiktok: wellness.appstate