Wellness Staff Highlight: Here to Support Our Students!

Elisabeth Cavalerro
(She/They)
Assistant Director and Coordinator for Student Mental Wellness

Ask me about Koru Mindfulness and Mental Wellbeing!
Our panel of experts -- Your Finance Questions!!

Learn to manage your current and future finances and improve your personal behaviors related to spending, saving, and investing.

Date: March 2nd at 6:00 in 169 (PSU)
Three top mountain

Peer Educators teaching one another on the impact of the programs they facilitate at their home institutions

Promoting the growth and development of peer educators while stimulating collaboration between universities

April 9th from 9:00am-3:00pm
SPRING 2022 MINDFULNESS RETREAT

SIGN UP:
HTTPS://WELLNESS.APPSTATE.EDU/KORU-MINDFULNESS

MARCH 20TH, 2022 | 1PM-5PM

MT. MITCHELL GROUP FITNESS ROOM
(3RD FLOOR PLEMMONS STUDENT UNION)

"A 4 hour silent meditation retreat. Breath awareness, walking and eating meditation, And a restorative, relaxing yoga session."
Watch our stream on TWITCH! Mon. 7-9pm

https://www.twitch.tv/appstate_wellness

Party Stream March 21st
"Picking Your Path"

Featuring Michael Rybak, Career Development Coordinator

The Ben-tendo Show!!!

Pokemon Brilliant Diamond Nuzlocke
Celebrating flavors from cultures around the world is a tasty way to nourish ourselves and appreciate our diversity.

Join us in Summit and Cone Residence Hall and try a nutritious dish from a different culture!

SUMMIT
March 16th, 5-8pm

CONE
March 23rd, 6-9pm
Semi-Colon Week

"A semicolon is used when an author could've chosen to end their sentence, but chose not to. That author is you and the sentence is your life."

The Semi-Colon is a symbol to support awareness of mental health and suicide. Your story continues.

PROFESSORS - SHOW A SPECIAL SEMICOLON WEEK PRESENTATION TO YOUR CLASS. THE PRESENTATION WILL AUTO-ROTATE THROUGH SOME EASY TO APPLY MENTAL HEALTH TIPS.

WELLNESS.APPSTATE.EDU/SEMICOLON-WEEK
Y(our) Story: Mental Health Journeys brought to life. Join us live to see our talented cast and artists bring the stories of students like you to life through performance and visual art.
Monday, March 28th in the Blue Ridge Ballrooms, Doors open at 7pm, Show at 7:30

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