NATIONAL RECOVERY MONTH

At Appstate we have a Collegiate Recovery Community (CRC) to support students in ANY type of recovery: depression, substance abuse, eating disorders, etc.

We have all recovery meetings every Wednesday from 5:30pm-7:00pm via zoom. Whether you're just beginning your recovery or want support in your journey, everyone is welcome to our support group!

Zoom Link: https://appstate.zoom.us/j/95842669317?pwd=SUV3enFUIUZpRVVrZys0OFISczU2QT09

Fast fact:
Are you getting enough calcium? About 44% of males and 70% of females don't meet their daily Calcium intake. Calcium is essential for bone health, muscle function, and hormonal secretion. Try to incorporate these foods to meet your calcium needs: dairy products (milk, cheese, yogurt), tofu, fortified milks, salmon, chia seeds, and fortified breakfast cereals.
KORU MINDFULNESS CLASSES

Struggling with stress? Having trouble sleeping? Trouble focusing? Try out our 4 session Koru mindfulness classes. Our live online classes have a max of 12 so put yourself first and sign up today! Or go check out the 'go at your own place' classes. We have a variety of class times, check out the schedule at wellness.appstate.edu/koru-mindfulness

CONNECTION SPACES

We will be hosting identity based connection spaces throughout the semester. These serve as non-counseling spaces where students who hold these identities are able to engage in peer support and promote self care and healing. The following are the connection spaces with their dates, times, and zoom link.

Black Connection Space: Thursday 1x/month at 6:30
9/03, 10/08, 11/05
https://bit.ly/2QI9uXn

POC Connection Space: Thursdays 1x/month at 6 pm
9/22, 10/20, 11/17
http://bit.ly/3gu7Qgq

LGBTQ Connection Space: Thursdays 1x/ months at 5:30 pm
9/17, 10/15, 11/12

website: wellness.appstate.edu
instagram: appstate_wellness
tiktok: wellness.appstate