

Health & Wellness Week

Featuring health and wellness information, resources, and activities for your needs and interests - all week long at Goodwin College's River Campus. Move out of your comfort zone and try something new and potentially life changing!

All activities and offerings are FREE and open to the community!

RSVP for activities are required by Monday, March 27.

To RSVP visit www.goodwin.edu/wellnessrsvp

Health & Wellness Fair

Tuesday, April 4, 11 a.m. to 2 p.m., Lobby & Community Room

No RSVP required to attend the Health & Wellness Fair. Just stop by and have fun!

- On-site therapy dogs from Allan's Angels Therapy Dogs
- Make-your-own trail mix station
- Individual sound/vibrational healing sessions
- Various flavors of frozen yogurt, non-dairy frozen yogurt and sorbet from TCBY
- Chair massages
- Iced tea and granola samples from Honest Tea and Bakery on Main
- Fruit-infused water station
- Reiki demos
- Juice samples from Liquid Nirvana
- Prize drawing
- Smoothie samples from b.good food truck
- Giveaways
- Organic hot tea station
- Knowledge and wisdom from various health and wellness vendors
- And more!

Sound/Vibrational Healing Sessions with Tibetan Singing Bowls

Tuesday, April 4, anytime from 11 a.m. to 2 p.m., Foyer

Hosted by Marie Menut, RN/Vibrational Healer

Sound healing with Tibetan singing bowls is an effective therapy that uses vibrational sound to help reduce stress, alter consciousness and create a sense of peace and well-being. The harmonic vibrations from the bowls engage the relaxation reflex and slow down the respiratory, brain and heart rate, bringing you into a deep meditative state. Experience a feeling of tranquility by participating in a session of your own.

Lunchtime Meditation 101

Wednesday, April 5, 12 to 1:30 p.m., Community Room

Led by Vanessa Pergolizzi and Stephanie Hertz

Meditation has so many benefits that we can apply to our daily lives. But how do you meditate? In this workshop, you will learn more about meditation and the approach to training the mind. A short, guided meditation will also be included. Applying these techniques will lead to increased happiness, clarity, and harmony. A healthy lunch from b.good and organic hot tea will be provided. No experience necessary. Space is limited to 25 people.

Zentangle Workshop

Thursday, April 6, 5 to 6:30 p.m., Community Room

Taught by Janet Concatelli

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. It is a meditative art form. In this workshop, not only will you make beautiful art, you will also increase your focus and shift your mood and state of mind. No experience in art required.

Yin Yoga Class

Monday, April 10, 5:30-6:30 pm, Community Room

Instructed by Vanessa Pergolizzi

Yin Yoga is a complementary yoga practice to more dynamic and active yoga styles. In Yin Yoga, floor postures are held passively for several minutes in order to access a safe and positive "stress" on the deeper layers of connective tissue in the body. Physically, Yin Yoga restores and maintains the natural mobility of the joints, primarily between the navel and the knees. Energetically, Yin Yoga opens the body's meridian system, which enhances the body's energetic flow and supports emotional equilibrium. Yin Yoga emphasizes stillness and silence. The practice prepares both the body and mind for deeper experiences in meditation. No yoga experience required. Please bring a yoga mat.

In celebration of Earth Day, information and resources about the environment and conservation will also be featured.

To RSVP for an activity visit www.goodwin.edu/wellnessrsvp

For more information, please contact

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