Pop, lock and drop your stress levels
WELLNESS CENTERS
Our Drop-In Wellness Centers provide students opportunity to meet with Wellness resource professionals, receive chair massages from a certified massage therapist, and grab fresh fruit. Centers are open Week 1-Week 9, 12pm-2pm:

- Monday: SRB
- Tuesday: Library
- Wednesday: UCEN
- Thursday: Graduate Student Lounge (MCC building, 2nd Floor)
- Santa Catalina: See UCSB Health & Wellness Facebook page for schedule updates.

ADVOCATE MEETINGS
All students interested in Health & Wellness are invited to attend Advocate meetings on a drop-in basis. Meetings include professional development, hands on experience with health promotion, social connection, and volunteer opportunities ranging from short-term community service to paid internships. Regardless of level of experience, topic of interest, or major, all students are welcome to participate. Healthy snacks provided at every meeting.

Wednesdays, Week 1-10, 7-9pm, Building 434, Room 147

GRADUATE STUDENT EVENTS

**OCT 12**
DIY PARFAIT BREAKFAST
SRB, Multipurpose Room, 8:30-10:30am *Graduate student ID required.*
Grab a free mason jar and make your own tasty & healthy breakfast parfait! First come, first served.

**OCT 23**
YOGA BREAK
SRB, Multipurpose Room, 12-1pm *Pre-registration required.*
Email wellness@sa.ucsb.edu

**NOV 7**
DIY UPCYCLED T-SHIRT BAG AND ECO INSPIRATION FEATURING THE REFILL SHOPPE
SRB, Multipurpose Room, 12-1pm *Pre-registration required.* Email wellness@sa.ucsb.edu

**NOV 14**
SELF-ACUPRESSURE WORKSHOP
SRB, Multipurpose Room, 12-2pm *Pre-registration required.*
Email wellness@sa.ucsb.edu

**NOV 27**
AROMATHERAPY & MEDITATION FOR SLEEP WORKSHOP
SRB, Multipurpose Room, 4:30-5:45pm *Pre-registration required.*
Email wellness@sa.ucsb.edu
COMMUNITY MINDFULNESS PRACTICE

Take a moment to join us in our safe and comfortable space for a free guided mindfulness and compassion meditation. These sessions help reduce stress, improve concentration, and help manage thoughts and feelings in stressful times. Please come as you are and feel the powerful benefits of meditation. Our programs do not require any particular experience or beliefs and are available throughout the quarter. See UCSB Health & Wellness Facebook page for schedule updates.

Mondays

Outdoor Mindfulness w/Emily Teter
Lawn between Ellison & Library
October 2 – December 4, 12-12:30pm

Tuesdays

Mindfulness & Compassion Basics w/Joanna Hill & Lorie Morris
SRB, 1st Floor Conference Room
October 3 – December 5, 1:30-2pm

Wednesdays

Trans & Queer Meditation w/Jason Stone MS & Sonya Gross MS
SRB, RCSCD
October 11 – December 6 (weeks 2, 4, 6, & 10), 10:30-11am

Fridays

Mindfulness in the Borderlands w/Michael Takahara & Jackie Ovalle
South Hall, 1623
October 6 – December 8, 1-1:30pm

FOOD, NUTRITION AND BASIC SKILLS

Come learn about all about food! Ranging from where your food comes from, how to grocery shop, prepare your own meals, to how take care of your body and manage your finances. You’ll also have the opportunity to taste-test delicious, affordable meals and practice your hands-on cooking skills. For a complete list of FNBS workshops, including H&W and our partners, visit: http://food.ucsb.edu/.

OCT 12
SPICE IT UP
1st floor conference room in the Student Resource Building, 5-6pm
Baharat. Herbes de Provence. Garam Masala. Add some some spice in your life! Stop by to learn how to turn the blandest meals into something spectacular.

OCT 26
SCRAMBLED NO LONGER
Student Resource Building, Multipurpose Room, 11:30am-12:30pm
Do you ever find yourself with eggs to spare, but are not sure how to get beyond scrambled? Come visit our eggs-perts and learn different ways to maximize the world’s favorite protein source. Be there or be scrambled.
**UCSB Health & Wellness**

**Fall Events Calendar 2017**

**GAUCHO WELLNESS CHALLENGE**

**GAUCHOS! Wellness is made up of many different areas of focus, like a pie chart, or, a WHEEL OF WELLNESS. When we learn to balance each area, our well-being improves.**

Each quarter, Health & Wellness and our partners provide many opportunities to engage in each area of the WHEEL OF WELLNESS. Swipe in with your Access Card at any of our events, workshops, or Health & Wellness Centers and log your participation at Gauchowellnesschallenge.com. Each quarter, participants will be put in a drawing for GIVE-AWAYS like Kindle Fire Sticks, Hydroflasks, and t-shirts!

**MINDFUL MONDAY**

**Loma Pelona Center, 5-6:30pm**

This week’s Mindful Monday encourages the unique aspect of sound based healing through specialized crystal bowls. Join Registered Yoga Teacher and nature enthusiast Damian Nuir Oais Gallagher in an entralling meditation by entering Alpha or Theta brain states in order to achieve intrinsic, spiritual healing. Presented by the Department of Health & Wellness, the Department of Recreation and Residence Hall Association.

**EVERYMAN: BODY IMAGE DISCUSSION COLLAB W/ WOMEN’S CENTER, CAPS & RCSGD**

**SRB, 2nd Floor Conference Room, noon-1pm**

Body image doesn’t only affect women. Join us for an informal discussion on male body image. Healthy snacks included.

**HEALTHY EATS & TREATS COLLAB W/ WOMEN’S CENTER**

**Lot 22 Lawn, 11am-2pm**

Come celebrate healthy body image by blending up a smoothie on the HSW blender bike!

**LOVE YOUR BODY ART & UCSC SMASH COLLAB W/ WOMEN’S CENTER**

**Lot 22 Lawn, 11am-2pm**

HSW joins the Women’s Center for scale smashing, henna body decoration and other body affirming activities.

**LISA WADE: THE NEW CULTURE OF SEX ON CAMPUS**

**Corwin Pavilion, 7-8:30pm**

Dr. Lisa Wade, UCSC alum, author, and Associate Professor of Sociology at Occidental College will be discussing her 2017 book, “American Hookup: The New Culture of Sex on Campus.” Lisa Wade both past the shock-value news reports, moralizing op-eds, and party-saturated Hollywood movies to uncover what hookup culture means to college students. How it works, and what it reveals about privilege, power, and the future of sexuality in America.

**LGBTQIA SEX ED SERIES: SEX TALK**

**MCC Theater, 5-6:15pm**

Part of a quarterly series that will focus on LGBTQIA sex education, this workshop will delve into providing knowledge, tips, and resources about how to have effective communication with intimate partners. Sponsors: RCSGD, Health and Wellness, Queer and Trans Health at UCSC.

**GAUCHO SLEEP CHALLENGE**

Learn new healthy sleep habits as you log your sleep behavors for the week through our online challenge! Sign up at Gauchosleepchallenge.com.

**SLEEPY HOLLOW NAP STATION**

**Lawn between Ellison & Library (Rain Location: SRB, MPR), 12-3pm**

This Halloween, boost your energy and focus with a FREE, quick 20-minute nap at our spooktacular Sleepy Hollow Nap Station. Free treats. No tricks.

**WOODSTOCK’S SEX & DRUGS TRIVIA NIGHT**

Woodstock’s Pizza, Isla Vista, 9-10:30pm

Tonight’s trivia is all about sex & drugs! Come test your knowledge with Health & Wellness and Life of the Party interns and win snazzy prizes!

**PRE-EXAM JAM**

**Rob Gym 1430, 7:00-8:30am**

It’s time to dance towards final’s week! Let’s welcome the end of the quarter with some energy, intention, and boot-y shakin’! Start your morning with a relaxing yoga session at 7:15am, and stay for dancing featuring music by Los Angeles DJ D’Vas Danielle. Healthy snacks & drinks provided.

**DOG THERAPY DAY**

**Lawn between Ellison & Library, 11am-2pm**

Petting a dog can significantly lower blood pressure, reduce stress, and stimulate memory and problem-solving skills. That’s why Health & Wellness brings certified therapy dogs to campus during the most hectic time in a student’s life—finals time. Take a break from studying and come enjoy the benefits of meeting our furry, four-legged friends (and their awesome owners!)

**REJUVENATION STATION**

**SRB MPR, 12-4pm**

We have everything you need to recharge your batteries! Arrive early to schedule an awesome 10-min chair massage by a certified massage therapist. Take a nap or meditate, grab a snack and tea, or simply stop by for some free swag!

**STUDY BREAK**

**Library, Instruction & Training Room 1312, 11:30am-1:30pm**

Stop by for a healthy study break and invest in your wellbeing right before finals! Arrive early to schedule a relaxing massage by a certified massage therapist. Stretch, meditate, play with puzzles & coloring books, grab a snack & tea, or simply stop by for free snacks!

**MINDFULNESS PRACTICE SESSIONS**

- **Mondays** - Lawn between Ellison & Library, Oct 2-Dec 4, 12-12:30pm
- **Tuesdays** - SRB, 1st Floor Conference Room, Oct 3-Dec 5, 12-12:30pm
- **Wednesdays** - SRB, RCSGD, Oct 11-Dec 6 (Weeaks 2, 4, 6, 8), 10:30-11am
- **Fridays** - South Hall, 1623, Oct 6-Dec 8, 1-1:30pm

**FOOD, NUTRITION AND BASIC SKILLS**

- **Oct 12, SRB, 1st Floor Conference Room, 5-6pm**
- **Oct 26, SRB MPR, 11:30am-2:30pm**

**CONNECT • GROW • THRIVE**

**FOR GRADUATE STUDENT EVENTS SEE INSIDE**

- Oct 12, SRB MPR, 8:30-10:30am
- Oct 23, SRB MPR, 12-1pm
- Nov 27, SRB MPR, 4:30-5:45pm
- Nov 7, SRB MPR, 12-1pm
- Nov 16, SRB MPR, 12-2pm
SLEEPY HOLLOW NAP STATION
Lawn between Ellison & Library (Rain Location: SRB, MPR)
12-3pm

This Halloween, boost your energy and focus with a FREE, quick 20-minute nap at our spooooky Sleepy Hollow Nap Station. Free treats. No tricks.