

UCSB **Health** *est. 1977*
& Wellness

WELLNESS.UCSB.EDU

Fall Events Calendar **2017**



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, RCSGD
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.

OCT 1- DEC 9

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!



OCT 2

MINDFUL MONDAY

Loma Pelona Center, 5-6:30pm

This week's Mindful Monday encompasses the unique aspect of sound based healing through specialized crystal bowls. Join Registered Yoga Teacher and nature enthusiast Damian Nur Dass Gallagher in an entrancing 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.

OCT 10

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 of male body image. Healthy snacks included.

OCT 11

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 H&W blender bike!

OCT 13

LOVE YOUR BODY ART & UCSB SMASH COLLAB W/ WOMEN'S CENTER

Lot 22 Lawn, 11am-2pm

H&W joins the Women's Center for scale smashing, henna body decoration and other body affirming activities.

OCT 17

LISA WADE: THE NEW CULTURE OF SEX ON CAMPUS

Corwin Pavilion, 7-8:30pm

Dr. Lisa Wade, UCSB 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 looks 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.

OCT 18

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 partner(s). Sponsors: RCSGD, Health and Wellness, Queer and Trans Health at UCSB.

OCT 24

GAUCHO HIV TESTING

SRB MPR, 11am-4pm

Get your RAPID, free, confidential HIV & Hepatitis Tests done. Enjoy free food, resource tables, music, and coloring while you wait for your results! Free & confidential. Free food & games while you wait.

OCT 25

ROCK WALL NIGHT: CLIMBING RELATIONSHIPS

Rec Cen Lawn, 5-6:30pm

Climb the portable Rec Cen Rock Wall that represents various relationship obstacles, and learn what constitutes a healthy relationship, and also when to let go of unhealthy situations. Presented by the Department of Health & Wellness and CARE.

OCT 30 - NOV 6

GAUCHO SLEEP CHALLENGE

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



OCT 31

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.

NOV 7

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!

NOV 15

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 booty shakin'! Start your morning with a relaxing yoga session at 7:15am, and stay for dancing featuring music by Los Angeles DJ Diva Danielle. Healthy snacks & drinks provided.

NOV 29

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)!

DEC 5

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!

DEC 8

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 scantrons!

PRE-EXAM JAM



FOR GRADUATE STUDENT EVENTS SEE INSIDE

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- Nov 7, SRB MPR, 12-1pm
- Nov 14, SRB MPR, 12-2pm

CONNECT • GROW • THRIVE

MINDFULNESS PRACTICE SESSIONS

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SLEEPY HOLLOW
NAP STATION



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DESIGN BY MYOPIA

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