

# April Wellbeing Wednesdays

APRIL 3

## Matrix WD 414B

- 9:45a Matrix 101
- 10:30a Compassion Fatigue
- 11:30a Stress Management

## AccelWELL WD 414A

- 9:45a AccelWELL 101
- 10:30a Health Coaching/RD
- 11:30a Meditation and Mindfulness

APRIL 10

## Wellbeing and Health Advocacy WD 302 & 304

- 9:00a CSCC Wellbeing and Resources 101
- 1:00p Health Advocacy - Navigating Barriers Panel
- 3:00p Health Advocacy Roundtables - Advocating for Self and Others

APRIL 17

## United Healthcare MH 103

- 10:00a Navigating MyUHC 101
- 11:30a UHC Health and Wellness Programs - Mental Health, Weight Loss, Pain Relief, and more
- 1:00p Navigating MyUHC 101

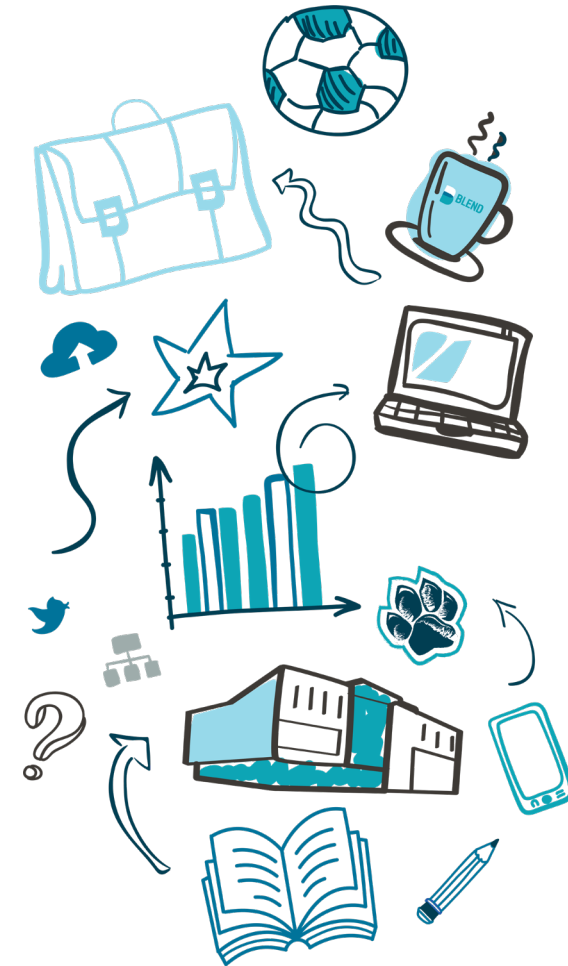
## CSCC Wellbeing

- 3:00p CSCC Wellbeing Resources 101

APRIL 24

## OhioHealth MH 303

- 9:00a Developing a Personal Wellness Plan
- 10:30a Stretch It Out
- 12:00p Building Block Nutrition



Scan the QR Code for additional details and virtual options:

