

# Check Up From The Neck Up Week!

Co-sponsored by the  
Counseling Center &  
Wellness Promotion



A WEEK FOCUSED ON THE IMPORTANCE OF MENTAL HEALTH

## September 16-22

### Monday, Sept. 16

**ZOOM MEDITATION: 8:30 - 9 am**  
Center for Contemplative Studies

[wcupa.edu/healthSciences/contemplativeStudies/](http://wcupa.edu/healthSciences/contemplativeStudies/)

**BEWELL HUT: POSITIVE AFFIRMATIONS, 11 am - 12 pm,**  
location in RamConnect

Join Peer Educators for giveaways and to practice your positive affirmations.

**CONDITION & CONNECTION: 4 - 5 pm, Campus Recreation**  
(register in IMLeagues)

Join us to meet new people (maybe a new gym buddy) and preview the group fitness classes available to students!

**THERAPY DOGS: 4:30 - 6 pm, Sykes Lobby**  
Stop by to meet and pet some furry friends!

**MINDFUL MOMENTS RAFFLE: 7 - 9 pm, Goshen Hall Lobby**  
Chat with Goshen Hall RAs about your "mindful moment" of the day to receive a fidget prize, and a raffle for a mindfulness prize.

**SELF CARE STATIONS: 7:30 pm, Schmidt Hall Lounge**  
Join the RA staff at self care stations, including light workouts, meditation, building stress balls, coloring books, and snacks.

### Tuesday, Sept. 17

**ZOOM MEDITATION: 8:30 - 9 am**  
Center for Contemplative Studies

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**CHECK UP FROM THE NECK UP: MENTAL HEALTH SCREENINGS: 11 am - 1 pm in the Sykes Ballrooms**

Take a brief mental health screening and review it with a counselor, and receive a t-shirt!

**YOGA: 12:30 - 1:30 pm, Center for Contemplative Studies**

**MOLDING MINDS: 7 pm, Commonwealth 2nd Floor Lounge**  
Engage in therapeutic play with play dough and build community connections.

**MINDFUL WRITING MOMENT: 8:30 pm, Killinger Hall, Lower Lounge**

Take a mindful moment to write a letter to someone important or to your future selves, and enjoy fidget toys and snacks.

### Wednesday, Sept. 18

**ZOOM MEDITATION: 8:30 - 9 am**  
Center for Contemplative Studies

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**FRESH CHECK DAY: 1 - 3 pm in the Academic Quad**  
(rain location: MAC court)

Join a mental health fair focused on talking about mental health and suicide prevention, with many booths and prizes!

**THERAPY DOGS: 4:30 - 6 pm, Sykes Lobby**  
Stop by to meet and pet some furry friends!

**NAVIGATING LGBTQIA+ HEALTHCARE & ATMOSPHERE ON A COLLEGE CAMPUS: 5pm-6:30pm, SECC 108 + via Zoom**

Join a discussion on navigating LGBTQIA+ healthcare and fostering an inclusive atmosphere on campus.

Zoom registration:



### Thursday, Sept. 19

**ZOOM MEDITATION: 8:30 - 9 am**  
Center for Contemplative Studies

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**YOGA: 12:30 - 1:30 pm, Center for Contemplative Studies**

### Friday, Sept. 20

**DINE AND DISCUSS: 11 am - 1 pm, Commons Dining Hall**  
Come engage in a conversation card game to increase connection and belonging.

### Sunday, Sept. 22

**Rams Let's Walk: A 5k Run & Walk to Support Student-Athlete Mental Health Initiatives: 9 am - 12 pm**  
Help raise funds and awareness for student-athlete mental health.

To register:



Programs hosted by...

Wellness Promotion  
Counseling Center  
Campus Recreation  
Athletics  
LGBTQIA+ Caucus  
Residence Life and Housing  
Center for Contemplative Studies

For more information, email [wellness@wcupa.edu](mailto:wellness@wcupa.edu). Additional program information available in RamConnect!

