

Wellness Week 2018

*Attend a session with a * next to it and you will be entered into a raffle.*

March 5th – March 8th

Mindfulness Monday, March 5th

Health Insurance Navigator Tabling: Foyer, 10am-12pm
NY State of Health Exchange Website representatives Brian Denepitiya and Eileen Ploetz

WorkLife Matters Counseling Information Table: Foyer, 10am-12pm
Cassandra Martin from Brown & Brown

*Lawyering with a Healthy Mind: Room 200, 12-1pm
Join Professors Mary Lynch, Andy Ayers and Dean Queenan for a discussion about how to be a successful lawyer while keeping a healthy mind along the way.

Volleyball with Faculty: Gym, 4-5pm

*When Lawyers are at Risk, Doing Nothing Is Not An Option: Room 200, 5-6pm
Professor Joe Connors, Attorneys Tom Nicotera Esq., Paul VanRyn, Esq. and Daniella Keller, Esq.

Tuned-In Tuesday, March 6th

* Health Insurance Options for Students with Prof. Pratt: Room E117, 1-2pm

Free Chair Massages: Foyer, 2-4pm

Driving Range with Faculty: Northway Golf Center, 5-6pm
1519 Crescent Road Clifton Park, NY 12065

Wellness Wednesday, March 7th

Health Insurance Navigator Tabling: Foyer, 10am-12pm
NY State of Health Exchange Website representative Abby Spagnola

*Road to Zero, A Strategic Approach to Student Loan Repayment: Room 200, 12-1pm

Pet-a-Puppy Social with Chord Adjourned Sing-Along: Gym, 2:30-3:30pm
Brewster, a miniature poodle/bischon mix and Keeva, a Wheaten Terrier will be here.

*1L 5 Steps to a Better Credit Score: West Wing, 3-4pm

Thoughtful Thursday, March 8th

Health and Wellness Table: Foyer, 10am-12pm
Stop by for some healthy snacks and make your own stress ball.

Yoga with Delaney Rives: Gym, 4-5pm

Upcoming March Wellness Events:

Hike with the Deans, Date TBA

Weekly Yoga with Delaney Rives on March 15th and 22nd

Blood Drive March 28th

Law School Mental Health and Wellness Day March 28th, Yoga Club 3:30pm Yoga