

REIMAGINE WELLNESS AS ONE BEACH

Monday, October 12

REFRAME REST

11:00AM - 12:00PM

Instagram Live | @csulbprojectocean
Presented by: CAPS & Project OCEAN

BEACH BUDDY- MINDFULNESS & MEDITATION MONDAY

12:00PM - 1:00PM

Zoom | Meeting ID: 918 0940 8609
Presented by: CAPS

GUIDED MEDITATION

4:00PM - 5:00PM

Instagram Live | @csulbsrwc
Presented by: SRWC

LET'S TALK ABOUT LOVE

4:00PM - 5:00PM

Zoom | Meeting ID: 986 1059 5639
Presented by: DSA & CAPS

POSTURE CORRECTION & MASSAGE TECHNIQUES : MINDFUL MOVEMENT

6:00PM - 7:00PM

Zoom | Meeting ID: 954 0952 1092
Passcode: Fall2020
Presented by: SRWC

Tuesday, October 13

MEET AVERY THE POLICE DOG

10:00AM - 11:00AM

Zoom | Meeting ID: 987 2275 6526
Passcode: 180337

Presented by: University Police

FLU SHOT CLINIC (Drive Through)

10:00AM - 2:00PM

parking lot G1 (across from SHS,
next to nursing building)

Presented by: SHS

NOT ALONE @ THE BEACH: ASK THE ADVOCATE LUNCH HOUR

12:00PM - 1:00PM

Zoom | Meeting ID: 964 6537 6924
Passcode: 425794

Presented by: NATB/SHS

OVERWHELMED? SAYING NO TO PROTECT YOUR WELLNESS EFFORTS

2:00PM - 4:40PM

Zoom | Meeting ID: 998 7726 7742
Passcode: 328402

Presented by: Faculty /Staff Assistance
Program (FSAP)

MEAL PREP 101: LUNCH RECIPES

4:00PM - 5:00PM

Zoom | Meeting ID: 918 7113 1405
Passcode: Fall2020
Presented by: SRWC

TRIVIA TUESDAY: WELLNESS EDITION

6:00PM - 7:00PM

Zoom | Meeting ID: 965 3293 4175
Presented by: Dean of Students

Wednesday, October 14

KEEP CALM & CAREER ON

12:15PM - 12:45PM

Zoom | Meeting ID: 993 6090 4364
Presented by: DSA & CDC

SELF-CARE STRATEGIES

with Exercise is Medicine On Campus (EIMOC)

12:30PM - 1:30PM

Zoom | Meeting ID: 950 8965 8451
Presented by: CAPS

Wednesday, October 14

JOIN US FOR BINGO FUN

2:00PM - 3:00PM

Zoom | Meeting ID: 930 7274 8986

Passcode: 869745

Presented by: University Police

COVID-19 CAMPUS UPDATE

w/ CSULB experts

4:00PM - 5:00PM

Zoom | Webinar ID: 979 1782 0926

Presented by: DSA

ECHALE GANAS!

4:00PM - 5:00PM

Zoom | Meeting ID: 994 6290 6621

Presented by: CAPS

WELLNESS LECTURE: THE SCIENCE OF WELLBEING

4:00PM - 5:00PM

Zoom | Meeting ID: 939 5681 1513

Passcode: Fall2020

Presented by: SRWC

Thursday, October 15

BEACH 911 TRIVIA

11:00AM - 12:00PM

Zoom | Meeting ID: 947 8466 2936

Passcode: 8675309

Presented by: University Police

CARES AT THE BEACH PRESENTATION

1:00PM - 2:00PM

Zoom | Meeting ID: 939 2608 8309

Presented by: DOS

HAPPY HOUR:

GETTING YOUR MINDFULNESS ON

4:00PM - 5:00PM

Zoom | Meeting ID: 993 6090 4364

Passcode: Breathe

Presented by: OWHP/SHS

ZUMBA JAM

6:00PM - 8:00PM

Zoom | Meeting ID: 830 0331 5337

Passcode: dance

Presented by: SRWC

MENTAL HEALTH COLLOQUIUM PRESENTED BY EIMOC

6:00PM - 8:00PM

Zoom | Meeting ID: 939 2608 8309

Presented by: CAPS

Friday, October 16

INTERVIEW WITH A REGISTERED DIETITIAN: REDUCING FOOD WASTE

11:00AM

Instagram Live | follow@csulbshs &

@beachsportsnutrition

Presented by: OWHP/SHS

ASI BEACH PANTRY DRIVE-THRU POP-UP

11:00AM - 1:00PM

registration opens 10/13/20 @ 12 PM

<https://www.eventbrite.com/e/asi-beach-pantry-drive-thru-pop-up-october-16-2020-tickets-122276007831>

password: asibeachpantry

For more information, please visit www.csulb.edu/beachwellness

www.YOUatCSULB.com, is the well-being solution with resources available to you 24/7. It offers personalized tools and platforms created by behavioral health experts to foster campus well-being and help students, staff and faculty thrive.



If you would like to request accommodations, please contact the Bob Murphy Access Center at least 72 hours before the event. 562.985.5401