

DIVISION OF STUDENT AFFAIRS

# BEACH *Wellness*



PRESENTS

# WELLNESS WEEK

OCTOBER 21 - 25, 2019

Monday, October 21

## POP - UP TENT

COUNSELING & PSYCHOLOGICAL SERVICES  
12:30 - 2:30 PM | University Library

## USU 3<sup>RD</sup> FLOOR OPEN HOUSE

ASSOCIATED STUDENTS, INC.  
11:00 - 2:00 PM | USU Southwest Terrace  
*Showcasing USU Beach balance, Beach Pantry  
and new gender-neutral bathroom*

## MINDFUL MEDITATION

ASSOCIATED STUDENTS, INC.  
4:00 - 5:00 PM | USU Beach Balance

## MINDFUL MEDITATION

ASSOCIATED STUDENTS, INC.  
5:00 - 6:00 PM | Student Recreation  
& Wellness Center

## FREE MESSAGES

ASSOCIATED STUDENTS, INC.  
10:00 AM - 6:00 PM | USU Beach Balance

## 2<sup>ND</sup> MENTAL HEALTH TOWN HALL

### FOR STUDENTS/STAFF/FACULTY

DIVISION OF STUDENT AFFAIRS  
3:30 - 5:00 PM | The Pointe  
Please RSVP: [http://bit.ly/DSA\\_SMHTH](http://bit.ly/DSA_SMHTH)

## HEALTH HUT MONDAY: HYGIENE 101

STUDENT HEALTH SERVICES  
11:00 AM - 2:00 PM | Maxson Plaza

## FLU SHOT CLINIC

STUDENT HEALTH SERVICES  
1:00 - 5:00 PM | Bookstore Space F

Tuesday, October 22

## OPEN HOUSE

ASSOCIATED STUDENTS, INC.  
5:00 - 7:00 PM | Student Recreation  
& Wellness Center

## PLANT A PLANT

ASSOCIATED STUDENTS, INC.  
5:00 - 6:00 PM | USU 306

## FREE MESSAGES

ASSOCIATED STUDENTS, INC.  
10:00 AM - 4:00 PM | USU Beach Balance

## MINDFUL MEDITATION

*powered by LifeFit*  
12:30 - 12:45 PM | Speaker's Platform

## ACTIVE SHOOTER RESPONSE TRAINING

UNIVERSITY POLICE DEPARTMENT  
3:00 - 4:30 PM | Barrett Athletic Center,  
2nd Floor Conference Room

# Wednesday, October 23

## **FARMERS MARKET**

ASSOCIATED STUDENTS, INC.  
10:00 AM - 2:00 PM | Friendship Walk

## **MOVE FOR A MILE**

DIVISION OF STUDENT AFFAIRS  
11:00 AM - 1:00 PM | Maxson Plaza Fountain

## **FREE MESSAGES**

ASSOCIATED STUDENTS, INC.  
10:00 AM - 6:00 PM | USU Beach Balance

## **STOP THE BLEED FIRST AID TRAINING**

UNIVERSITY POLICE DEPARTMENT  
2:30 - 3:30 PM | Horn Center 114

## **HIV MOBILE CLINIC**

STUDENT HEALTH SERVICES  
10:00 AM - 1:00 PM | Beach Circle

## **WELLNESS WEDNESDAY: EATING HEALTHY ON A BUDGET**

STUDENT HEALTH SERVICES  
12:30 - 1:30 PM | USU 305

# Thursday, October 24

## **CHAIR MESSAGES**

ASSOCIATED STUDENTS, INC.  
4:00 - 6:00 PM | Student Recreation  
& Wellness Center

## **WOMEN'S SOCCER VS UC RIVERSIDE**

ATHLETICS  
7:00 P.M. | Long Beach

## **FREE MESSAGES**

ASSOCIATED STUDENTS, INC.  
10:00 AM - 6:00 PM | USU Beach Balance

## **PIZZA WITH THE POLICE**

UNIVERSITY POLICE DEPARTMENT  
11:00 AM - 12:30 PM | Upper Campus Quad  
PINK PATCH PROMOTION  
(City of Hope/Breast Cancer Fundraiser)

## **ACTIVE SHOOTER RESPONSE TRAINING**

UNIVERSITY POLICE DEPARTMENT  
3:00 - 4:30 PM | Barrett Athletic Center,  
2nd Floor Conference Room

# Friday, October 25

## **FREE MESSAGES**

ASSOCIATED STUDENTS, INC.  
10:00 AM - 6:00 PM | USU Beach Balance



C A L I F O R N I A   S T A T E   U N I V E R S I T Y   L O N G   B E A C H

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