LGBTQ+ SPEED FRIENDING
September 4, 7:00pm, Cone Ballroom (Doors open at 6:30pm)

YOGA CLASS ON THE GRASS
September 4, 11:00am, 12:00pm, 1:00pm • September 16, 5:00pm, EUC Lawn

LIGHT THE NIGHT VIGIL FOR SUICIDE PREVENTION
September 9, 8:30pm, EUC Lawn

WORLD SUICIDE PREVENTION DAY
September 10, 11:00am-1:00pm, EUC

SPEAKER: JORDAN BURNHAM “UNBREAKABLE: A PERSONAL BATTLE WITH DEPRESSION, SUBSTANCE USE, AND PERFECTIONISM
September 11, 7:00pm, EUC Auditorium

CHECK UP FROM THE NECK UP
September 12, 12:00pm-2:00pm, Student Health Center and Office of Intercultural Engagement

SPARTAN SPEAK OUT: MENTAL HEALTH OPEN MIC
September 12, 6:30pm-8:00pm, EUC Auditorium Pre-Function Area

LET YOUR BODY GLOW GROUP FITNESS CLASSES
September 17-18 4:30pm-9:00pm, Kaplan Center Studio 3 & 4

GRATITUDE TUESDAY SERIES
September 17, 11:00am-2:00pm • September 24, 11:00am-2:00pm, EUC Azalea

DIVE IN MOVIE: MOANA
September 18, 7:00pm, Kaplan Natatorium

AROMATHERAPY WORKSHOP: LET’S GET LIFTED
September 19, 10:00am, 12:00pm, 2:00pm (Register via SpartanConnect)

GOAT YOGA
September 21, 8:30am (To register, stop by Outdoor Adventures, $10)

LOVE YOUR BODY ARTY PARTY
September 25, 6:00pm-8:00pm, Kaplan Center Room 209 (Register required via SpartanConnect)

For accessibility/disability accommodations contact wellness@uncg.edu
Find more Information at https://recwell.uncg/wellness/mental-health/
WORLD SUICIDE PREVENTION DAY (9/10)
Stop by our table in the EUC for suicide prevention materials and to show your support.

SPEAKER: JORDAN BURNHAM (9/11)
Jordan Burnham, a suicide attempt survivor, is an award-winning speaker addressing mental health and suicide prevention. He will share his powerful story of fighting depression and finding recovery. Jordan has been featured in Sports Illustrated and PEOPLE magazine, has spoken at the United Nations and was invited to the White House for the National Conference on Mental Health hosted by President Obama.

YOGA CLASS ON THE GRASS (9/4 & 9/16)
Yoga lowers stress, calms the mind, elevates mood, and energizes the body. Bring a towel or yoga mat and water bottle. No experience necessary!

LIGHT THE NIGHT VIGIL (9/9)
Make a luminary to honor a loved one lost to suicide, send hope out into the world, or just let people know you care.

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CHECK-UP FROM THE NECK UP (9/12)
Come out for a quick and easy mental health screening! https://screening.mentalhealthscreening.org/UNCG (Online screening available 24/7)

LOVE YOUR BODY ARTY PARTY (9/26)
Join us for an evening of food, music, and guided painting as we engage in the revolutionary act of loving our bodies! Registration is required via Spartan Connect.

SPARTAN SCAFFOLD: MENTAL HEALTH OPEN MIC (9/12)
Come speak your truth and help us break the stigma around mental health!

LET YOUR BODY GLOW GROUP FITNESS CLASSES (9/17 & 9/18)
Come out for some glow in the dark group exercise classes! Be ready for body paint and fun as we celebrate our bodies and all they help us

DIVE IN MOVIE: MOANA (9/18)
Come party on the Island! Join us for a night of relaxation and fun as we watch Disney’s Moana in the pool!

GOAT YOGA (9/21)
We’re partnering with Outdoor Adventures for a day at the farm! Join us for a special session with Nigerian Dwarf Goats. Come for the yoga, stay for the cuddles! Registration required in Outdoor Adventures.

AROMATHERAPY WORKSHOP (9/19)
In this 90-minute workshop you will learn about 5 essential oils known to lift your spirit and put a smile on your face! Participant will create their own personal aromatic product. Register required via SpartanConnect.

GRATITUDE TUESDAY SERIES (9/17 & 9/24)
Gratitude is a game-changer! Drop by to write that note you’ve been meaning to send a friend or loved one, or to decorate a gratitude journal to incorporate into your daily life. You’ll find there’s so much to be grateful for!

LGBTQ+ SPEED FRIENDING (9/4)
Join us for a night of speed friending! This event will create an environment where members of the LGBTQ+ community and allies can come to get to know each other beyond a digital screen! Come for friends, stay for the raffle prizes!

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