

## GRADUATE & PROFESSIONAL WELCOME WEEK EVENTS

OPEN TO ALL SANFORD STUDENTS & FELLOWS

**Monday**

**29**

12:00-1:00 pm

### **Mental Health Monday**

Location: Safe Space (Sanford 225)

When discussing wellness, the topic of self-care frequently comes up. Self-care can sometimes be confusing and feel like one more thing on a to-do list. Join us for a conversation around "what really is self-care?" and how it can help you thrive.

**Tuesday**

**30**

8:00-10:00 am

### **Welcome Breakfast**

Location: Sanford Lawn

We believe food is fuel. As you are adjusting to a new schedule, please come to the Lawn for a free grab and go breakfast.

**Wednesday**

**31**

12:00-1:00 pm

### **Second-Year Wellness Workshop**

Location: Sanford 003

All returning Sanford students are invited to learn more about how to prioritize wellness during the upcoming academic year. The presentation will be followed by a Q&A.

**Thursday**

**1**

4:00-6:00 pm

### **Sanford Welcome Social**

Location: Sanford Lawn

Come enjoy some light refreshments and connect with students, faculty, and staff at Sanford for a time of social wellness & community engagement.

**Friday**

**2**

1:30-2:30 pm

### **Tour of Wellness Center**

Location: Meet at Sanford Lawn

Join us as we take the short walk over to the Wellness Center to learn more about CAPS, Student Health, the mindfulness garden, and more. We will also have a DIY essential oil making session, massage chairs, and free swag.