

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 3RD 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

2ND 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

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