



Physically Distanced

Socially Connected

USF Health Homecoming Events

Monday, October 5th - Homecoming Kick-off

USF Health Alumni Panel Event | 12:00PM | Join at bit.ly/HOCOAlumPanel

Panelists include: **Dr. Shantel Houston** - Clinical Coordinator, Advocate, and Taneja College of Pharmacy Alum; **Dr. Jim McKnight** - US Army Deputy Director, Environmental Science Engineering Officer, and COPH Alum; and **Dr. Valerie Riddle** - Associate Dean for Alumni Engagement, Assistant Professor in Internal Medicine, and MCOM alum! The conversation will address panelists' experiences working in healthcare during the pandemic as well as continuity of care for underrepresented populations.

Tuesday, October 6th - Service Day

USF Health Service Corps Event | 6:30-8:00PM | Register at bit.ly/ServiceCorpsFRIENDS

Virtual Homecoming Party with F.R.I.E.N.D.S. (Families, Respect, Inspire, Education, Networking for Down Syndrome & Special Needs). Dance, Costume Contest and Talent show! The purpose of this event is for USF Health students to simply have fun with young adults with Down Syndrome and special needs at a virtual Homecoming party and talent show. **Contact Ellen Kent (ekent@usf.edu) for questions.**

Wednesday, October 7th - WELLness Wednesday

Nama-Stay at Home: Gentle Yoga Class | 12:00PM | Register at bit.ly>Nama-STAY

Need time to relax your mind & body? Join us for Gentle Yoga, a collaboration with RecWell and USF Health for Exercise is Medicine Month! This practice will be slower in pace to allow you to stretch and relax your body from head to toe. **Attend and receive fitness-inspired prizes!**

***Submissions for 2014 Fitness Challenge due by 11:59PM at bit.ly/2014WELL**

Thursday, October 8th - Mindfulness Day

Mindfulness Meditation | 11:30AM at bit.ly/HealthMM1 & 1:00PM at bit.ly/HealthMM2

Led by Courtney Coggan from the USF Counseling Center. Practice skills to reduce anxiety and stay grounded. Participants will practice mindful breathing, muscle relaxations, and grounding techniques. **3 people in each session will win a mindfulness journal and a USF Health Water Bottle!**

Yoga Flow Class | 5:30PM | Register at bit.ly/HOCOYogaFlow

Have your essential oils ready and your favorite candle(s) nearby! It's that time of the year! USF Homecoming 2020 Yoga Flow with Mary Waugh. We are physically distant but mindfully together. All levels are welcome. **5 attendees will win a FREE yoga class at Bella Prana.**

USF Health Service Corps Event | 6:30-8:00PM | Register at bit.ly/ServiceCorpsCourage

Virtual Homecoming Party & Talent Show with Faces of Courage patients and survivors! Dance, Costume Contest and Talent show! USF Health students are encouraged to dress-up and share their talents and laughter. **Contact Ellen Kent (ekent@usf.edu) for questions.**

Friday, October 9th - Closing Ceremonies

CAMLS Health & Wellness Center Grand Opening | 12:00PM

Watch as we unveil the CAMLS Health & Wellness Center. Take a virtual tour of the space and learn about the services available to downtown learners.

Homecoming Week Closing Remarks & Announcement of Contest Winners | 12:30PM

***Join both events at bit.ly/HOCOClosing**

All Week - Challenges, Contests, & Prizes

USF Health Homecoming Challenges & Contests can be found by following the link below or scanning the QR Code!

Visit bit.ly/USFHealthHOCO or Scan



University-wide Events

- For a complete list of USF Homecoming activities, visit usf.edu/student-affairs/homecoming/. For questions regarding USF Health Homecoming week activities, contact Olivia Moon at omoon@usf.edu.