

2018 WEEK OF WELLBEING

PREVENTING SUICIDE BY PROMOTING HOPE

Sunday, April 15th

Out of Darkness Walk
Walk to Embrace Hope & Prevent
Suicide

Mellon Hall Patio; beginning at
6:30PM
Ceremony & Candlelight Walk;
7:30pm

Monday, April 16th

“Find Your Stress Management Style”

Group Fitness sampler with strength
training, Zumba, & yoga marketed
towards stress management

Power Center, 5:00PM-7:00PM

Tuesday, April 17th

“Forgiving Homicide”
with Jason Rivers,

Join us as we talk with Jason about
how he was able to forgive his
brothers murderer and how he was
able to exercise such
Christ-like abilities.

Bayer Pappert Lecture Hall, 6:00PM
Pizza and beverages provided

Wednesday, April 18th

“Yoga for Stress Management”

Group Fitness Room
Power Center 7pm-8pm

Thursday, April 19th

“It’s Real: College Students and
Mental Health”

613 Student Union; 12:00PM
Dialogue and discussion will follow
Food and beverages provided

“Just for the Health of It”

Presentation by Dr. Ben Bondow on
the effects of sleep deprivation and
learning about “sleep hygiene”
6:00PM

Power Center Conference Room

Friday, April 20th

“Forgiving, Healing, and the
Miracles of Jesus”

Presentation by Dr. Robert Bodnar

Join us as Dr. Bodnar takes a deep dive
into the psychology of forgiveness,
the dynamics of healing and into what
Paul called the “mind of Christ” .

12:00pm Student Union Ballroom
Food & Beverages served