

# 2018 WEEK OF WELLBEING

## *PREVENTING SUICIDE BY PROMOTING HOPE*

### **Sunday, April 15<sup>th</sup>**

Out of Darkness Walk  
Walk to Embrace Hope & Prevent  
Suicide

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

### **Monday, April 16<sup>th</sup>**

“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 17<sup>th</sup>**

“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 18<sup>th</sup>**

“Yoga for Stress Management”

Group Fitness Room  
Power Center 7pm-8pm

### **Thursday, April 19<sup>th</sup>**

“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 20<sup>th</sup>**

“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