

# Conley Wellness Wednesday

Jan. 24: **Intro to Yoga**

5—6 p.m. and 6—7 p.m.,  
Student Life Center Mind Body Room

Jan. 31: **Meditation Practice**

6—6:45 p.m., Corey Union Exhibition Lounge

Feb. 7: **Microaggressions 101**

1—3 p.m., Student Life Center Lobby

Feb. 14: **Aromatherapy**

1—3 p.m., Neubig Hall Lobby

Feb. 21: **Loud in the House of Myself**

7—8 p.m., Corey Union Exhibition Lounge

Feb. 28: **The Rites and Wrongs of Passage**

7:30—8:30 p.m., Corey Union Function Room

March 6: **Safe Spring Break**

1—3 p.m., Student Life Center Lobby

March 20: **Career Well-Being**

Podcast released on [soundcloud.com/cortlandHPO](https://soundcloud.com/cortlandHPO)

March 27: **Challenge Diet Culture**

1—3 p.m., Neubig Hall Lobby

April 3: **S'more Consent**

1—3 p.m., Neubig Hall Lobby

April 10: **Men and Mental Health**

6—6:45 p.m., Corey Union Exhibition Lounge

April 17: **Cannabis and Coping**

6—6:45 p.m., Corey Union Exhibition Lounge

April 24: **Grow Your Own Vegetable Plant**

1—3 p.m., Corey Union Steps

