

Be Well Buc's Calendar of Events – Draft
Fall Semester 2019
Sharing Campus Programs and Endorsing Wellbeing on Campus

September

Physical Wellbeing/Intellectual Wellbeing/Occupational Wellbeing

September 4, 2019 12:00 p.m. – Reece Museum - Campus & Community

Women on Wednesdays with the ETSU Women's Studies Program

“Integrating Yoga and Meditation into Clinical Practice”, Leslie Temme, PhD, LCSW, RYT

Students & Faculty/Staff

Physical Wellbeing/ Environmental Wellbeing/Emotional Wellbeing

September 5, 2019 12:00 – 1:00 p.m.

Meditative Walk – University Woods

Students, Faculty/Staff

Environmental Wellbeing

September – October

Mondays – Thursday 10:00 a.m. – 3:00 p.m. - Pride Walk

Farmers Market

Students & Faculty/Staff

Physical Wellbeing

September 5, 2019 12:00 p.m. or 5:00 p.m. – Campus Recreation – Basler Center for Physical Activity – **Faculty/ Staff**

Nani Hilbert – **Campus 101 Tour of CPA** – video available

September 19, 2019 12:00 p.m. or 5:00 p.m. – Campus Recreation - **Students**

Nani Hilbert – **Campus 101 Tour of CPA** – video available

Spiritual Wellbeing/Social Wellbeing

September 16, 2019 7:00 p.m. – Ball Hall Auditorium – Campus & Community

Dr. Larycia Hawkins, Political Science Professor at Wheaton College

Same God, documentary film - Q &A and reception w/filmmaker to follow film

Students & Faculty/Staff

Physical Wellbeing/ Environmental Wellbeing

September 2,9,16,23,30, 2019 - Marketplace

Jessica Leu, MS, RDN, LDN, CDE I Campus Dietitian

Meatless Mondays - Beyond Burger, going meatless for your health as well as sustainability (environmental) reasons. **Students & Faculty/Staff**

Emotional Wellbeing/ Social Wellbeing

September 5, 12, 19, 26, 2019 2:30 p.m. – 4:00 p.m. Contact ccoutreach@etsu.edu for more information

Men's Group –Build a sense of community through support and discussion of life's struggles and experiential activities. **Students**

Emotional Wellbeing/ Social Wellbeing

September 3, 10, 17, 24, 2019 4:00 p.m. – 6:30 p.m. Contact ccoutreach@etsu.edu for more information

FemSex – A safe space to explore sexuality and relationships, our bodies, and expand our understanding of social and cultural influence and diversity. **Students**

Emotional Wellbeing

September 6, 13, 20, 27, 2019 11:00 a.m. – 12:00 p.m. Online

SMART Recovery – Recovery support group that seeks to develop and strengthen skills for use in self-management and recovery from addictive behaviors. **Students**

Emotional Wellbeing/ Social Wellbeing

September 3, 10, 17, 24, 2019 2:45 p.m. – 3:15 p.m. Contact ccoutreach@etsu.edu for more information

Understanding Self & Others – Start your journey of self-discovery while gaining confidence and a sense of belonging. This group will help you improve relationships and communication skills, and address concerns such as anxiety, stress, depression, self-esteem body image, loneliness, grief, and trauma. **Students**

Spiritual Wellbeing

September 24, 2019 Faculty Commons – Alumni House

Monthly meeting 11:30 a.m. – 12:30 p.m.

Earle & Cara Chute 423-677-7016 earle.chute@cru.org

Faculty/ Staff

October

October 14 – 15, 2019 Fall Break

Intellectual Wellbeing

October 2, 2019 12:00 p.m. – Reece Museum – Campus & Community

Women on Wednesdays with the ETSU Women's Studies Program

"Symposium on Stigma: an Intersectional Approach", Jil LeROy-Frazer, PhD, and Liberal Studies

Students & Faculty/Staff

Physical Wellbeing

October 3, 2019 12:00 p.m. or 5:00 p.m. – Campus Recreation – Basler Center for Physical Activity – **Faculty/ Staff**

Nani Hilbert – **Campus 101 Tour of CPA** – video available

October 17, 2019 12:00 p.m. or 5:00 p.m. – Campus Recreation - **Students**

Nani Hilbert – **Campus 101 Tour of CPA** – video available

Physical Wellbeing/ Environmental Wellbeing/Emotional Wellbeing

October 3, 2019 12:00 – 1:00 p.m.

Meditative Walk – University Woods

Students, Faculty/Staff

Environmental Wellbeing

September – October

Mondays – Thursday 10:00 a.m. – 3:00 p.m. - Pride Walk

Farmers Market

Students & Faculty/Staff

Physical Wellbeing/ Environmental Wellbeing

October 7, 14, 21, 28, 2019 - Marketplace

Jessica Leu, MS, RDN, LDN, CDE I Campus Dietitian

Meatless Mondays - Beyond Burger, going meatless for your health as well as sustainability (environmental) reasons. **Students & Faculty/Staff**

Emotional Wellbeing/ Social Wellbeing

October 3, 10, 17, 25, 30, 2019 2:30 p.m. – 4:00 p.m. Contact ccoutreach@etsu.edu for more information

Men's Group –Build a sense of community through support and discussion of life's struggles and experiential activities. **Students**

Emotional Wellbeing/ Social Wellbeing

October 1, 8, 15, 22, 29, 2019 4:00 p.m. – 6:30 p.m. Contact ccoutreach@etsu.edu for more information

FemSex – A safe space to explore sexuality and relationships, our bodies, and expand our understanding of social and cultural influence and diversity. **Students**

Emotional Wellbeing

October 4, 11, 18, 25, 2019 11:00 a.m. – 12:00 p.m. Online

SMART Recovery – Recovery support group that seeks to develop and strengthen skills for use in self-management and recovery from addictive behaviors. **Students**

Emotional Wellbeing/ Social Wellbeing

October 1, 8, 15, 22, 29, 2019, 2019 2:45 p.m. – 3:15 p.m. Contact ccoutreach@etsu.edu for more information

Understanding Self & Others – Start your journey of self-discovery while gaining confidence and a sense of belonging. This group will help you improve relationships and communication skills, and address concerns such as anxiety, stress, depression, self-esteem body image, loneliness, grief, and trauma. **Students**

Spiritual Wellbeing

October 22, 2019 Faculty Commons – Alumni House

Monthly meeting 11:30 a.m. – 12:30 p.m.

Earle & Cara Chute 423-677-7016 earle.chute@cru.org

Faculty/ Staff

Environmental Wellbeing/Creative Wellbeing

October 22, 2019 12:00 – 2:00 p.m.

Trash to Treasure - Library Commons Areas

A fun and sustainable crafting event!

Students, Faculty/Staff

November

November 27-29, 2019 Thanksgiving Break

Physical Wellbeing/ Intellectual Wellbeing/Cultural Wellbeing

November 6, 2019 12:00 p.m. – Reece Museum, Campus & Community

Women on Wednesdays with the ETSU Women’s Studies Program

“Responding to the Opioid Epidemic in Central Appalachia: Evidence, Partnership, and Innovation”, Angela Haga,an, MA, LPCA

Students & Faculty/Staff

Physical Wellbeing/ Environmental Wellbeing/Emotional Wellbeing

November 7, 2019 12:00 – 1:00 p.m.

Meditative Walk – University Woods

Students, Faculty/Staff

Physical Wellbeing

November 7, 2019 12:00 p.m. or 5:00 p.m. – Campus Recreation – Basler Center for Physical Activity – **Faculty/ Staff**

Nani Hilbert – **Campus 101 Tour of CPA** – video available

November 21, 2019 12:00 p.m. or 5:00 p.m. – Campus Recreation - **Students**

Nani Hilbert – **Campus 101 Tour of CPA** – video available

Physical Wellbeing/ Environmental Wellbeing

November 4, 11, 18, 25, 2019 - Marketplace

Jessica Leu, MS, RDN, LDN, CDE I Campus Dietitian

Meatless Mondays - Beyond Burger, going meatless for your health as well as sustainability (environmental) reasons.

Students & Faculty/Staff

Environmental Wellbeing/Creative Wellbeing

November 8, 2019 10:00 a.m. – 2:00 p.m.

Succulent Give Away - Library Commons Areas

A fun and sustainable crafting event!

Students, Faculty/Staff

Emotional Wellbeing/ Social Wellbeing

November 7, 14, 21, 2019 2:30 p.m. – 4:00 p.m. Contact ccoutreach@etsu.edu for more information

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Emotional Wellbeing/ Social Wellbeing

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Spiritual Wellbeing

November 19, 2019 Faculty Commons – Alumni House
Monthly meeting 11:30 a.m. – 12:30 p.m.

Earle & Cara Chute 423-677-7016 earle.chute@cru.org

Faculty/ Staff

December

December 6, 2019 Last Day of Classes

Exams 8 – 13

Graduation 14

Spiritual Wellbeing

December 3, 2019 Faculty Commons – Alumni House
Monthly meeting 11:30 a.m. – 12:30 p.m.

Earle & Cara Chute 423-677-7016 earle.chute@cru.org

Faculty/ Staff

Physical Wellbeing/ Intellectual Wellbeing

December 4, 2019 12:00 p.m. – Reece Museum

Women on Wednesdays with the ETSU Women's Studies Program

“Peek-A-Boo: How Infant Minds Develop and Perceive the World”, Alyson J. Chroust, PhD
Students & Faculty/Staff

Physical Wellbeing

December 5, 2019 12:00 p.m. or 5:00 p.m. – Campus Recreation – Basler Center for Physical Activity – **Faculty/ Staff**

Nani Hilbert – **Campus 101 Tour of CPA** – video available

Physical Wellbeing/ Environmental Wellbeing

December 2,9,16, 2019 - Marketplace

Jessica Leu, MS, RDN, LDN, CDE I Campus Dietitian

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Students & Faculty/Staff

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