

# Health & Wellness Festival

**APRIL**  
**MON | 14<sup>TH</sup>**

## Vendors Showcase

**Cochran Campus | Alderman Hall | 10AM – 11AM and 12PM – 1PM**

- Includes a variety of local health and wellness vendors
- Join us for a presentation during one-hour break discussing:

**“Benefits of Physical Activity”**

**Alderman Hall | 11AM – 12PM**

Presenter: Carl Woods, Director of Recreation and Wellness

**APRIL**  
**TUES | 15<sup>TH</sup>**

## Equipment Demonstration

**Warner Robins Campus | Thomas Hall | Activity Center and Cafe | Fitness Center | 10AM – 2PM**

- Drop in for a guided demonstration on how to use gym equipment including adjustments, safety precautions, and proper exercise form

## Yoga/Pilates with Sound Bath

**Macon Campus | SLC Amphitheater**

• Session 1: 12:00PM – 12:30PM

• Session 2: 12:30PM – 1:00PM

Yoga/Pilates Instructor: Teresa Williams

Sound Bath Provider: Holistic Healing Resource LLC

\*Please bring your yoga mat and/or blanket as limited mats will be available for use

**“Science of Mindfulness”** (Virtual Presentation)

**Virtual | Microsoft Teams | 2PM | [Join the meeting now](#)**

Presenter: Cory Smith, Senior Lecturer for Dept of Psychology and Criminal Justice

**Meeting ID: 230 286 335 707**

**Passcode: dL6H9TW2**

**APRIL**  
**WED | 16<sup>TH</sup>**

## Health & Wellness Panel

**Macon Campus | Arts Complex Theater | 2PM - 3PM**

**BeWell** (Aladdin will provide infused water and build your own trail mix)

**Macon Campus | School of Arts & Letters | Foyer | 1PM - 3PM**

- Join us for a snack, beverage, and conversation on Aladdin’s healthy eating program

Featuring: Nicole Short, Aladdin Regional Dietitian

**APRIL**  
**THURS | 17<sup>TH</sup>**

## Walk with the President

**Macon Campus | Meet at the bridge | 8:30AM**

## Self-Care Toolkit Training

 (Presented by: Acentra Health)

**Virtual Webinar | 10AM - 11AM**

- This training explores the concept of the “wellbeing wheel” along with strategies and perspectives on maintaining a healthy self-care routine

\*Registration required. After registering, a webinar invite for the training will be sent separately

**[REGISTER HERE](#)**

## Kickball Tournament

 (Faculty, Staff, and Students)

**Cochran Campus | Wellness Center | Outdoor Recreation Field | 3PM**

**Shuttle Service Transportation Details:** (Macon to Cochran)

- Shuttle leaves Macon from SLC Parking Lot at 1:30 PM

- Shuttle leaves Cochran at 4:00 PM

- Arrive in Macon by 5:30 PM

\*Limited seating

**APRIL**  
**FRI | 18<sup>TH</sup>**

## Rise to Recovery Quilt with Makerspace Pop Up

**Macon Campus Library | 10AM - 12PM**

- Stop by the Macon Campus Library for viewing of the Rise to Recovery Quilt and a chance to express your creativity by making your very own themed button

### Activities Available Year-Round

- Access a World of Peace at Macon Campus Library
- Stop by the circulation desk during the library business hours for stress relief activities

