

Health & Wellness Festival

APRIL
MON | 14TH

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 | 15TH

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 | 16TH

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 | 17TH

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 | 18TH

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

