

Campus Wellness Kick-Off

Yoga Powered by Lululemon

Connect2Wellness Fair



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CAMPUS WELLNESS KICK-OFF: FREE YOGA & MEDITATION + WELLNESS FAIR

Your mental health and well-being is important. As we return to campus for study and/or work, we want to remind you to make time for your well-being.

Join Campus Wellness in the MSA Plaza for a FREE yoga and meditation session lead by Lululemon Ambassador Samantha C , as we celebrate and explore mental well-being and community connection. Plus, stop by before and after the yoga session for our wellness fair and get connected to important services and resources on campus and in the community to help support your mental health and well-being while you study and/or work at Mohawk!

Prizes and giveaways to be won! Check in with the registration table on event day (have your OneCard and QR code on your registration confirmation) to be entered in a random draw for so many great prizes (including monthly yoga passes, gift cards, and more!) Plus visit our Connect2Wellness Fair for more giveaways and resources! Follow @connect2wellnessatmoawk on Instagram for more details and an additional chance to win!

EVENT DETAILS

When: SEPTEMBER 14TH, 2022

11:00am-2:00pm : Wellness Fair

12:00-1:00pm : Yoga & Meditation led by Lululemon Ambassador Samantha C

1:00pm : Random Draw for Prizes

Where:

The MSA Plaza

This event is BYOM (Bring your own mat). No mat? No problem! Pull out your favourite beach towel and join us in the plaza.

Campus Wellness is committed to equitable opportunity and inclusion on campus. The yoga and meditation practice will be accessible for all abilities and communication in ASL - English will be provided.

*In the event of inclement weather the event will be hosted in the DBARC gym. Changes to location will be communicated by email and through the @connect2wellnessatmohawk Instagram account. Follow us for important updates and news about other health and wellness services and events on campus!

See you on your mats! Don't forget your water bottles and sun protection.

- Mohawk Campus Wellness