Wellness Week - Take a Moment

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Date: Tuesday, August 3 - Friday, August 6
Staff Lead: Melissa Sousa, Michelle Royer, Michelle Hamer
Registration: Click here

Live Events
All events (except Kahoot! Trivia) will be on Instagram @SenecaNewnhamRec

Tuesday, August 3
Student Talk @ 10:30 AM (join)
Speakers: Parm Sandhu (SAA President) & Ritik Sharma (SSF President)

Functional Training @ 11:00 AM (join)
Trainer: Mike Brain

Wellness Week Promo @ Noon (join)
Speaker: Melissa Sousa
**Instagram @SenecaCollege*

Physical Exercise Benefits @ 12:30 PM (join)
Speaker: Dr. Francella (Sports Medical Doctor)

Non-Scale Victories @ 2:00 PM (join)
Speaker: Melissa Sousa

Wednesday, August 4
Barre @ 11:00 AM (join)
Trainer: Michelle Hamer

Mindful Meditation & Stretch @ 12:30 PM (join)
Speaker: Sarah Donato (Strength & Conditioning Coach)

5 Senses Exercises @ 2:00 PM (join)
Speaker: Michelle Hamer

Thursday, August 5
Bootcamp @ 11:00 AM (join)
Trainer: Chris Sousa

Seneca Mentors Series - SMILE Mentoring Program @ 12:30 PM (join)
Speaker: Alyssa Medoro (Student Life Program Assistant)

Seneca Mentors Series - Peer Wellness Program @ 1:15 PM (join)
Speaker: Alena Tiberia (Student Life Coordinator)

Communication is Key @ 2:00 PM (join)
Speaker: Mike Brain

Kahoot Trivia - Wellness Week Edition @ 5:00 PM (join)
Host: Mike Brain

Friday, August 6
Smart Shopping for Healthy Meals @ 12:30 PM (join)
Speaker: Yvanna Mesic (Registered Dietician, Aramark)

Salmon En Papillote on the Grill @ 2:00 PM (join)
Speaker: Melissa Sousa

tags : connect, health, mental, nourish, physical, wellness