

# Wellness Day

FRIDAY, MARCH 3RD



LAKE FOREST  
COLLEGE

## Schedule:



Visit the  
Wellness Day  
website for  
details.

**11:00 a.m.**

### Mindful Meal Cooking and Q&As with the Dietician

*Outside the Skybox*

Cooking demonstration and sampling.

**Noon–4:00 p.m.**

**Info and Resource Stations**

*Rec Center*

### Massage & Acupuncture Experientials

at Aligned Modern Health Table

### Health and Wellness

**Resources on Student Health and Wellness Services:** Mental health, sleep hygiene, and stress management resources for evaluating your overall health and well-being.

**Self-compassion and Self-care/Mindfulness info:** Facilitators from HWC will provide information on self-compassion and lead individuals through a mindfulness/meditation exercise.

**Mental Health First Aid-How to Help a Friend in Need:** Resources for assisting and helping a student/peer who may be experiencing mental health concerns/distress.

### Athletics

**Info:** Forester programming for students and employees.

### Peer Services

**Info and Resources:** How to properly dispose prescription medications safely; substance use prevention/education; what PEER Services does and services offered; substance use treatment services.

### EAP Perspectives LTD

**Info and Resources:** Employee Assistance Program

**Noon–4:30 p.m.**

### Stress Relief Room

*Rec Center, Basement 053*

Drop in space to engage in stress relieving activities including coloring pages, play-dough, stress balls, and puzzles.

**Noon**

### Five Dials Workshop

*Hotchkiss Hall, Meyer Auditorium*

**60-minute workshop**

Learning the Rebel Human® Five Dials approach to gaining full autonomy over the nervous system, self-concept, emotional state, and mindset, while creating new neural connections in the brain. With PRACTICE you create new neural connections, and ultimately update the human operating system that is your brain.

### Pilates

*Rec Center, Dance Studio*

**60-minute fitness session**

Similar to Yoga, Pilates concentrates on posture, balance and flexibility. This session will help relieve tension in your shoulder, back, legs and improve general fitness and overall well-being.

**12:05 p.m.**

### Cornhole

*Rec Center, Tri-Court*

**45-minute game**

**12:30 p.m.**

### Obtaining Balance: Strategies for Healthy Life Style Seminar

*Buchanan Hall 001*

**60-minute seminar for Employees**

Identify what it means to have a balanced life and increase awareness of satisfaction with work and personal life, and provide tips for adding balance to your life.

### Alcohol 101 Seminar

*Buchanan Hall 205*

**60-minute seminar for Students**

Providing a detailed overview of the basics of alcohol. Students will be able to recognize a standard drink size, define binge drinking, calculate BAC, understand alcohol tolerance, and identify signs of alcohol poisoning. The students will also learn different laws and policy related to alcohol use.

**1:00 p.m.**

### Five Dials Workshop

*Hotchkiss Hall, Meyer Auditorium*

**55-minute workshop**

Learning the Rebel Human® Five Dials approach to gaining full autonomy over the nervous system, self-concept, emotional state, and mindset, while creating new neural connections in the brain. With PRACTICE you create new neural connections, and ultimately update the human operating system that is your brain.

### How to Help a Student in Distress Workshop

*Rec Center, Basement 043*

**90-minute workshop for Employees**

Strategies for supporting and helping students in distress.

### Pilates

*Rec Center, Dance Studio*

**60-minute fitness session**

Similar to Yoga, Pilates concentrates on posture, balance and flexibility. This session will help relieve tension in your shoulder, back, legs and improve general fitness and overall well-being.

**1:45 p.m.**

### Resilience and Stress Management Workshop

*Buchanan Hall 001*

**60-minute workshop for Employees**

Defining stress and its impact on individuals, identify responses to stress and personal warning signs, and provide stress management techniques and learn strategies to develop resilience.

**2:00 p.m.**

### Relieving Low Back Pain

*Rec Center, Weight Room*

**60-minute fitness session**

Learn best exercises to relieve low back pain.

**2:05 p.m.**

### Sound Bath

*Rec Center, Trophy Room*

**60-minute relaxation session**

*(please bring yoga mat with you)*

A sound bath is an opportunity to relax and turn inward as you are bathed in the deeply compelling harmonic tones of sound healing instruments. A very powerful form of non-sleep deep rest (NSDR) that is integral to brain health.

**3:00 p.m.**

### Yoga

*Rec Center, Dance Studio*

**60-minute fitness session**

Participants are led through gentle stretches, standing postures and deep relaxation. The class is designed to increase strength, flexibility and balance while creating inner peace. All levels welcome.

**3:05 p.m.**

### Sound Bath

*Rec Center Trophy Room*

**60-minute relaxation session**

*(please bring yoga mat with you)*

A sound bath is an opportunity to relax and turn inward as you are bathed in the deeply compelling harmonic tones of sound healing instruments. A very powerful form of non-sleep deep rest (NSDR) that is integral to brain health.

### Suicide Prevention Workshop

*Rec Center, Basement 043*

**90-minute workshop for Employees**

Strategies for supporting and helping students in distress, and for helping in working towards the prevention of suicide.

For more information, contact Agnes Stepek at 847-735-5036 or [stepek@lakeforest.edu](mailto:stepek@lakeforest.edu)