

WELLBEING DAY

10:00a - 4:00p	Bingo Card Scavenger Hunt <i>Complete the tasks and win a prize!</i>	Pick up your card on Manchester Plaza
10:00-11:00am	Wake Up with the Women's Center <i>Make a card and express your gratitude</i>	TBD Registration Required (max 30)
11:00 - 11:30am	Essential Oils Take 'n Make <i>Pick up a spray bottle of your favorite</i>	Wellbeing Center Entrance
12:00 - 12:30pm	Guided Meditation <i>Relax and clear your mind for a bit</i>	Zoom
1:00 - 2:00pm	Yoga on the Quad <i>Bring your own mat or towel!</i>	Manchester Plaza (max 45)
1:00 - 4:00pm	Beverage Station <i>Sponsored by Deacon Dining</i>	Manchester Plaza
2:00 - 4:00pm	Banner Painting <i>Make your mark or grab a coloring sheet to go</i>	Manchester Plaza
3:00 - 3:30pm	Essential Oils Take 'n Make <i>Pick up a spray bottle of your favorite</i>	Wellbeing Center Entrance
4:00 - 4:30pm	Restorative Stretching and Yoga <i>Wind down and reflect</i>	@WFUThrive Instagram Live
5:30 - 6:15pm	Zumba <i>High-energy Latin infused and inspired dance</i>	Water Tower Field Registration Required
6:00 - 6:30pm	Pilates <i>Lengthen the body; build flexibility, strength, improve posture, restore balance</i>	In-Person or Streaming Registration Required

Schedule with links can be accessed with WFU credentials at
go.wfu.edu/wellbeingday

