

WELLNESS WEEK @ RWU LAW

October 7-10, 2019



MONDAY, OCTOBER 7 @ 4:00 – 5:00 PM

Get Moving with Pilates in Fitness Center, Room B

Tuesday, October 8 @ 10:00 – 4:00 PM

Visit the student lounge in the library to de-stress in its special Zen Zone!



WEDNESDAY, OCTOBER 9 @ 1:00 – 2:00 PM

Relax and get moving with a Body Stretch Class in the Fitness Center Room A! Wear comfortable clothes.

THURSDAY, OCTOBER 10 @ 12:00 – 3:00 PM

NATIONAL LAW STUDENT MENTAL HEALTH DAY

Wear GREEN (or a green ribbon) for National Law Student Mental Health Day! Visit Global Heritage Hall for a Depression Screening from the Counseling Center!

