

MONDAY

APRIL 4TH

12pm - 1pm

Self-Defense Training

Location: Crawford Green

Join Dr. Wilde for a training on self-defense, teaching our campus community how to stay safe and alert when in danger!

2pm - 3pm

Bystander Training

Location: Link Room in Evan's Library

Join officer Julian Hampden for a presentation on bystander training to enhance your skills.

2pm - 2:50 pm

Group Counseling

Location: Alumni center Conference Room

Do you want to improve your relationships with self and others? Please join us to enhance your social and communication skills, seek support, and discuss ways to have healthy connections with others.

3:30pm - 4:30pm

Peer Led Self-Defense Training

Location: Crawford Green

Join our very own Rez Life Coordinator in a Peer-led Self Defense session discussing basic techniques and freestyle moves to stay safe

4:45pm - 6:15pm

DIY Self-Care Smoothie Bar

Location: Crawford Green

Join Recreation before, during, or after the yoga session for some delicious smoothies while supplies last!

5pm - 6pm

Mindfulness Yoga

Location: Crawford Green

This class consists of Hatha yoga poses to increase physical strength, improve concentration, and increase flexibility. This class is designed for all fitness levels & participants progress at their own pace. Great for stress management! Please bring a mat or a towel, and water.