Cultivating an awareness of how both the natural and built environment impact you, as well as how your behavior impacts the Earth; demonstrating a commitment to a healthy planet.

JULY 17: 1:00 PM
MEETING ID: 948 8419 2735
PASSWORD: WELLNESS

Cultivating an awareness of how both the natural and built environment impact you, as well as how your behavior impacts the Earth; demonstrating a commitment to a healthy planet.

JUNE 26: 1:00 PM
MEETING ID: 
PASSWORD: WELLNESS

Growing intellectually, maintaining curiosity, valuing lifelong learning, and responding positively to intellectual challenges.

JULY 10: 1:00 PM
MEETING ID: 948 8419 2735
PASSWORD: WELLNESS

Finding purpose, value, and meaning in your life with or without organized religion.

JUNE 5: 12:00-1:00 PM
MEETING ID: 948 8419 2735
PASSWORD: WELLNESS

Cultivating an awareness of how both the natural and built environment impact you, as well as how your behavior impacts the Earth; demonstrating a commitment to a healthy planet.

MAY 29: 1:00 PM
MEETING ID: 948 8419 2735
PASSWORD: WELLNESS

Experiencing and respecting your own feelings, values, and attitudes; developing empathy for others; managing your emotions in a constructive way; seeking help and support when you need it.

JUNE 12: 12:00-1:00 PM
MEETING ID: 948 8419 2735
PASSWORD: WELLNESS

Caring for your whole body in order to stay healthy now and taking preventative measures to maintain your health for the future, including eating well, being active, and establishing self-care behaviors. Avoiding excessive use of substances that can harm the body.

JUNE 19: 12:00-1:00 PM
MEETING ID: 948 8419 2735
PASSWORD: WELLNESS

Maintaining healthy relationships, including friendly, familial, intimate, and sexual, with individuals and communities; caring about others and letting others care about you.

JULY 3: 1:00 PM
MEETING ID: 948 8419 2735
PASSWORD: WELLNESS

Developing a sense of your strengths, skills, values, and interests for your career; maintaining a balanced life between work, family, play, and taking care of yourself; developing skills to manage finances in order to achieve realistic goals.

CAMPUS RECREATION IS OFFERING WEEKLY VIRTUAL WELLNESS ROUND TABLES AND WE WELCOME PERSONS WITH DISABILITIES AND WILL PROVIDE REASONABLE ACCOMMODATIONS UPON REQUEST. IF YOU WOULD LIKE REASONABLE ACCOMMODATIONS FOR ANY OF THESE EVENTS, PLEASE CONTACT BEN FORCHINI AT FORCHINI@SFSU.EDU AS SOON AS POSSIBLE SO YOUR REQUEST MAY BE REVIEWED.