

TRANSFORMING A-DAY

FACULTY & STAFF WELLNESS & WELLBEING



HOSTED BY:

and



FEB 6, 2024

PROGRAM AND WORKSHOP INFORMATION

8:00 AM	Breakfast
8:30 - 3:30 PM Taylor 404	Info Fair Visit campus partners as well as community businesses and organizations offering products and services that can aid you on your journey to wellness, professional development, and well-being.
9 - 9:50 AM & 1 - 1:50 PM Taylor 404	Relax to Learn (TD2436) CommonHealth's Relearn to Relax campaign brings mindfulness training to all participants with a practical and concise guide to starting a meditation practice and incorporating mindfulness principles into the workday. With a low time commitment required to learn these skills, employees are able to give the techniques a try with their next breath. In addition to introductory meditation techniques, employees learn ways to incorporate mindfulness into their workday, including helpful apps, eating mindfully, and sleep relaxation tips for at home. Facilitated by: Kristina Hall, CommonHealth
10 - 10:50 AM & 2 - 2:50 PM Taylor 404	Chair Yoga (TD2434) Stuck at your desk all day? Say goodbye to yoga pants and mats and hello to wellness with our Office Yoga workshop! Designed for busy JMU employees, our unique approach transforms your workspace into a wellness oasis. Learn desk-friendly stretches, boost your health with simple hourly movements, and master confidence-boosting poses and calming breathing techniques. Open to all, regardless of experience. Join us and turn every stretch into a step towards a healthier, happier workday! Facilitated by: Ren Oliver, Talent Development

TRANSFORMING A-DAY

FACULTY & STAFF WELLNESS & WELLBEING



HOSTED BY:

and



FEB 6, 2024

PROGRAM AND WORKSHOP INFORMATION CONT.

11 - 11:50 AM & 3 - 3:50 PM Taylor 404	Art Therapy (TD2435) We will explore various art forms and learn about the amazing health benefits that are associated with art. Participants will have hands-on experiences and will be able to enjoy an opportunity that allows them to tap into their creative side. Facilitated by: Tara Torkelson & Kaila Breeden , Balanced Dukes
Noon Taylor 404	Lunch (heavy hors d'oeuvres)
Afternoon Session	Sessions continue from list above.

thank you for attending!

CFI@JMU.EDU & TD@JMU.EDU