

October 2019

ePower Wellness Event Calendar

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3 Run w/Faculty 3:30PM TMC	4	5 Fall Farm Day in Collinsville
6 APA Canine Carnival in St. Louis 11A-3P	7	8	9 Walking Challenge	10	11 Art in the Park in Highland, IL	12 Dogtoberfest in St. Charles, MO 1P-4P
13	14	15	16 Relaxation/Meditation Challenge	17 Run w/Faculty 3:30PM TMC	18	19
20	21	22	23 NCPA Stressball making	24	25	26 Apple Harvest Festival and 5K Run in St. Louis
27	28	29	30	31		

NOTES

Green Denotes Wellness Activities at SOP
Blue Denotes Annual Events

ePower = Embracing Promotion of Well-being and Resilience

Walking Challenge- Students are encouraged to destress by taking a walk outside for at least 30 minutes every other couple of days to help physical wellness and mental wellbeing

Relaxation/Meditation Challenge- Students are encouraged to try mediation methods for 15 minutes a day to help with mental wellness