

STUDENT LIFE & LEADERSHIP - PART 2

Fall 2024



THE ZEN ZONE

HOLISTIC & WELLNESS EVENTS TO CARE FOR YOUR PHYSICAL, MENTAL & SOCIAL HEALTH

The Art of Mindfulness Meditation with

Adreyanna - Monday Instagram LIVE

9/23 - 12/2 at 7:30pm

Zumba with Colleen - Tuesday WWC & JKC

9/24 "Zumba Demo" at Club Day 12:00pm Gym WWC

10/8 "Dance into Fall" 12:00pm Kerney Hall JKC

"Zumba Halloween Party" Get your spooky groove on with Colleen and SL&L ~ Dress in Costume!

10/22 at 12:00pm Gym WWC

10/29 at 12:00pm Kerney Hall JKC

Shake Your Tail Feathers ~ Zumba Thanksgiving
"Wobble before your Gobble"

11/12 at 12:00pm Kerney Hall JKC

11/19 at 12:00pm Kerney Hall JKC

Make new friends & learn new moves at our Zumbathon 2024!

Yoga with Tracey - Thursday Instagram LIVE

"Get in the Fall Flow"

10/3 - 11/21 at 5:30pm

L.E.A.D. Campus Clean-up!

Get those steps in with our campus clean-up!

10/17 from 11:30am - 1:30pm Campuswide

"Veg Out Mercer" with L.E.A.D.

11/12 at 12:00pm SC104

Learn the benefits of plant based nutrition with Mary Ann Cavallaro ~ Nurse, Author and Animal Lover. Enjoy a vegan lunch and a copy of Mary Ann's latest book.

Gratitude Banner - 11/13 - 11/21

Stop by SC114 to sign our Gratitude Banner.

Gratitude is the Key to Happiness!

De-Stress Day at JKC

11/4 from 11:00am - 2:00pm Kerney Hall

Yoga, Meditation, Aromatherapy, Coloring, Rock Painting & Chair Massage.

Wellness Wednesday

Check out our social media every Wednesday throughout the semester for information focused on habits and practices that contribute to your overall health and wellbeing.

DE-STRESS FEST

"In the Kitchen with Chef Ricky"

12/2 at 12:00pm SC104

Join SL&L and Chef Ricky to get your "culinary diploma" and get ready to impress your friends and family!

Mindfulness and Meditation – Instagram Live

12/2 at 7:30pm

Join Adreyanna for the final Meditation of the semester!

Donuts & Hot Chocolate - Commons Lounge JKC

12/3 at 12:00pm ~ Stop by for an end of semester treat!

Grad Breakfast

12/3 from 9:00am - 11:00am Faculty Staff Dining Room. An end of semester brunch celebrating December Grads!

Donuts & Hot Chocolate - Commons Lounge JKC

12/4 at 12:00pm ~ Stop by for an end of semester treat!

Cards, Cookies, Cocoa & Karaoke

12/4 at 12:00pm SC104

It's National Cookie Day! Join SL&L for a fun day featuring ~ a Hot Cocoa Bar & Cookies, all while writing cards to our senior community and singing Karaoke!

Make your Own Squishmallow Plushie

12/5 from 11:00am to 1:00pm SC104

Positive Post Day

12/6 Check out our social media for floods of inspirational posts & quotes!