FINISHING STRONG

Want to end the school year at the top of your game?

Take advantage of some great programs that can help you to stay focused and finish strong!

April 16 – 20

monday – april 16

2 – 2:40 p.m.

Maintaining Your Focus and Energy
Dolphin Den

Some easy-to-apply strategies that can help you increase your focus, concentration and energy

5:30 – 6:30 p.m.

ZUMBA
James Commons, Campus Center

A fusion of Latin and world music that creates an effective low impact workout

8 p.m.

20-Minute Dorm Workout
Nelligan second-floor lounge

Maggie McCurdy, graduate intern at the Wellness Center, will guide you through a knockout workout!

tuesday – april 17

by appointment (individuals or small groups)

Intro to Weightlifting and Resistance Training
Recreation Center

An overview of the basics on weightlifting with instruction on how to safely and effectively set up a program of your own

Call 445-4257 to set up your appointment.
Also available for Thursday appointments

4 – 5 p.m.

Organizing for the Finish
Romero Hall, 1st floor

Some effective strategies and tools for managing that end-of-semester workload, as well as those dreaded deadlines

wednesday – april 18

11:30 a.m. – 1:30 p.m. (drop in)

De-Stress Yourself with Essential Oils
Dolphin Den

Sample essential oils and learn how they can be used as stress relievers

11:30 a.m. – 1:30 p.m. (drop in)

Chilling out with Crafts
Dolphin Den

Demonstrations of knitting, crocheting and bead work

4 – 4:45 p.m.

Peace of Mind: Mindfulness-Based Stress Reduction
Dance Studio, W. Carroll Coyne Center for the Performing Arts

Learn a scientifically proven method to relax and gain focus.

5:30 – 6:30 p.m.

ZUMBA
James Commons, Campus Center

thursday – april 19

5 – 6 p.m.

What's on Your Plate? Navigating Food Challenges on Campus
Drescher Community Room, Panasci Family Chapel

Explore the challenges of eating on campus (or anywhere other than your own kitchen) when dealing with food allergies, intolerances or alternative eating choices (vegetarian/vegan)

5 – 6 p.m.

Nutritional Consultation
LaCasse Dining Center, Campus Center (individual or small groups)

Learn about optimal brain food and good nutrition from Kelly Springer, Sodexo dietitian

5:30 – 6:30 p.m.

ZUMBA
Recreation Center

friday – april 20

noon – 1 p.m.

Nutritional Consultation
LaCasse Dining Center,, Campus Center (individual or small groups)

LE MOYNE
SPIRIT. INQUIRY. LEADERSHIP. JESUIT.

For more information, visit ECHO or call (315) 445-4195.

Sponsored by Wellness Center for Health and Counseling and the Recreation and Fitness Center