EVENTS

FLU CLINIC
Free flu vaccines for students enrolled in at least 5 credits who have paid their mandatory fees.
- Wednesday, 10/4 from 11:00 am-5:00 pm
- Hamel Recreation Center

FRESH CHECK
Check in with yourself. Enjoy interactive booths, free food, entertainment, prizes and giveaways.
- Thursday, 10/12 from 11:00 am-2:00 pm
- Hamel Recreation Center

BODY POSITIVITY WEEK
A variety of events brought to you by Eating Concerns Mentors to promote healthy body image at UNH.
- Monday, 10/23-Friday, 10/27
- Durham Campus

FIerce & Fabulous
Connect with your community, try awesome activities, and enter to win door prizes. The expo is open to all identities and genders.
- Thursday, 10/26 from Noon-3:00 pm
- Hamel Recreation Center

BODY MONOLOGUES
Students and staff perform stories of resiliency and self-love to inspire and educate about the internal struggle with body image and eating concerns.
- Wednesday, 11/8 at 7:00 pm
- MUB, Stafford Room

SEXTober
Sextober is celebrated annually at UNH during October. Learn about sexuality and sexual health.
- October 2017
- Durham Campus

WORKSHOPS & GROUPS advanced registration required

WHAT’S COOKING? CLASSES
Nourish UNH peer educators offer weekly demonstration cooking classes. Come learn how healthy can be tasty, budget-friendly, and easy to prepare.
- Wednesdays, 9/20-12/6 from 5:10 pm-6:30 pm
Demonstration Kitchen

MINDFULNESS & MEDITATION
Learn about mindfulness, practice different forms of meditation together, and apply skills in your life. 4-week workshop
- Mondays, 10/26-10/17 from 12:40 pm-2:00 pm
Health & Wellness, 2nd Floor
- Fridays, 10/26-11/3 from 12:40 pm-2:00 pm
Thrive, Health & Wellness Satellite Office

UNWIND & RECHARGE
Facilitated by Certified Wellness Coaches, you’ll learn self-care tools to help you better cope with stress and be more resilient.
- Wednesdays, 10/4-11/1 from 1:10 pm-3:10 pm
Thrive, Health & Wellness Satellite Office

LIVING WELL
A weekly support group for UNH students living with a chronic illness or condition (such as Cohn’s, MS, depression, diabetes, lupus, etc.).
- Thursdays, 9/28-11/16 from 12:40-1:40 pm
Health & Wellness, 2nd Floor

YIN YOGA & YOGA NIDRA WORKSHOPS
Practice slow yoga to open connective tissue followed by deep relaxation. This workshop will leave you feeling refreshed, relaxed, and open. Open to all abilities and levels of practice.
- Friday, 9/29 from 1:10 pm-3:10 pm
Thrive, Health & Wellness Satellite Office
- Friday, 11/3 from 1:10 pm-3:10 pm
Thrive, Health & Wellness Satellite Office

FOR THE LOVE OF DOGS

Paws & Relax
Elder Pets volunteers will be on campus with their furry friends for pet therapy on Wednesdays this semester. Follow @UNHHealth on social for dates.

Health & Wellness
Life is a Balancing Act.

Sometimes we put more energy into one area of life and let the other aspects suffer. This can cause unnecessary stress. We can help you learn how to keep your life in balance.

Education/Support Appointments
You can make a confidential appointment to speak with our educator/counselors to discuss stress management, nutrition, eating concerns, sleep, alcohol and other drug use, relationships, wellness coaching, and much more. Visits are included with your health fee.

We work closely with Psychological and Counseling Services, when necessary.

Massage Therapy
Our licensed massage therapists offer traditional or stone massage for students and USNH employees and their adult dependents. Expanded appointments now offered —— day, evening, and weekends.

Groups & Workshops
Advance registration is required for the following student groups and workshops. See inside for descriptions. Register online at unh.edu/health or by calling 603-862-3423.

- What’s Cooking? Demonstration Classes
- Living Well Chronic Illness Support Group
- Mindfulness & Meditation Group
- Unwind & Recharge Stress Coping Group
- Yoga Workshops

Weekly Drop-in Activities
Registration is not required for these activities. Students and staff are welcome to drop-in activities.

- Monday: Meditation, 12:30 pm - 1:00 pm  
  Health & Wellness, 2nd Floor
- Tuesday: Napercise, 1:30 pm - 2:30 pm  
  Thrive, Health & Wellness Satellite Office
- Wednesday: Paws & Relax, Check social for times  
  Thrive, Health & Wellness Satellite Office
- Thursday: Meditation, 12:30 pm - 1:00 pm  
  Thrive, Health & Wellness Satellite Office

Events
Events are free and open to the UNH community. Look for more details on our website and Facebook as events approach.

- Flu Clinic - students only: Fresh Check Day
- Body Positivity Week: Fierce & Fabulous Expo
- Body Monologues: Sextober
- Great American Smokeout: World AIDS Day

#BeWellUNH