



CAPS Wellness Workshops – Spring 2018

Mindfulness Mondays

January 22 to April 23
12 PM at CAPS

Looking for a more peaceful approach to your week? Come experience a new way of being and learn mindfulness skills!

Mindfulness is being in contact in the present moment, and is a skill that can be developed over time.

This workshop will help you utilize your inner resources to let go of thoughts, let your feelings be, and work toward a balanced approach to the here-and-now.

Take Charge Tuesdays

January 23 to April 24
12 PM or 4:30 PM at CAPS

Looking for a way to improve your wellness and connect with other students? Take charge with these weekly activities!

- 1/23 Take Charge of Social Anxiety—4:30
- 1/30 Drum Your Stress Away—12
- 2/6 Bodhi the CAPS Therapy Dog—4:30
- 2/13 Take Charge of Your Mood—12
- 2/20 Career: Knowing and Doing—4:30
- 2/27 Drum Your Stress Away—12
- 3/6 Songs for Wellness—12
- 3/20 Take Charge of Social Anxiety—4:30
- 3/27 Drum Your Stress Away—12
- 4/3 Bodhi the CAPS Therapy Dog—12
- 4/10 Career: Knowing and Doing—12
- 4/17 Take Charge of Your Mood—12
- 4/24 Take Charge of Test Anxiety—12

Wellness Wednesdays

Reaching Your Potential
Jan 31 Feb 28 Mar 28
12 PM at CAPS

Learn and gain support in reaching your New Year’s goals and resolutions! Stay on-track with help from our drop-in meetings.

Relax and Flow Yoga

Thursdays
Feb 22 Mar 8 Apr 19
1:30 PM at Knights Plaza RWC

An excellent introductory class for beginners or those wanting to work on the basics of yoga and meditation.

CAPS Group Rooms | Building 27