



“Happiness is when what you think, what you say, and what you do are in harmony.” -Mahatma Gandhi



The wellness committee’s first Wellness Day gave students an opportunity to try out new ways of taking care of themselves. The committee tried to organize activities and prizes that would promote wellness in many different aspects of life. The event provided healthy food and recipes (much of which was provided by the CNU family), a format to start practicing mindfulness techniques, a yoga room, a CV review room from Dr. Ramsamooj, a de-stress coloring station, a tea station, and a game room. There was also a station where students could reflect on what they’re already doing to care for themselves and share that with their peers. Students had a great time learning how their classmates and staff experience wellness and walked away with some fresh ideas and practices to take home. Raffle winners walked away with much-appreciated goodie bags full of healthy snacks, wellness bags, gift cards to Jamba Juice and Starbucks, and some great CNU swag. The event also provided several easy ways for students to walk away feeling refreshed, from take-away inspirational quotes to “free compliment” pull-offs. Overall, the event was a success and provided a great afternoon for faculty and students to share some of their own tips and work together towards all practicing more wellness techniques. – Nadija Rieser M1



April 28, 2017



Wellness Event



According the National Wellness Institute there are six dimensions of wellness: occupational, physical, social, intellectual, spiritual and emotional. The CNUCOM Wellness Committee is a dedicated group that is committed to providing all these aspects of wellness to students. We recognize that everyone has a different interpretation and expression of wellness. At our first Wellness Day, our hope was for students to be able to engage in multiple forms of wellness. This included socializing while eating a variety of delicious food, playing pool or ping pong in the new activity center, learning yoga and mindfulness techniques, coloring or just taking time away from school to spend with friends. At Wellness Day students could participate in forms of wellness that they found beneficial as well as gain exposure to other activities as well. Overall, Wellness Day was a success and it was very rewarding to see fellow classmates enjoying time together outside of the classroom, taking time for self-care and investing in their own well-being. – Rosalie Perrot M1



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“The practice of medicine is an art, not a trade; a calling, not a business; a calling in which your heart will be exercised equally with your head.” – Sir William Osler

