

CALIFORNIA NORTHSTATE UNIVERSITY
COLLEGE OF MEDICINE
FALL 2016 WELLNESS ACTIVITES

We C.N.U Greatness! We have a wealth of Wellness with you in mind College of Medicine Students!

Description	Date
Wellness Wednesday Meditation: Balance of Mind & Body. A 30 minute meditation session offered by Dr. Hieu Tran, Dean of College of Pharmacy Wednesday, October 26th,
Halloween Dress to Impress and Bring Your Favorite Dish. (Food can Affect Mood) Monday, October 31, 2016
Decompress With a Furry Friend! Therapy Assisted Dog onsite to help relieve some stress and tension. Thursday, November 17, 2016
Receive healing to prepare to give healing. Future doctors, enjoy a few minutes of massage therapy from students enrolled in massage school. Monday, December 12, 2016

We want you well-Wellness Within!



Wellness
Matters