

WELCOME

CNU.COM
Wellness



FEBRUARY 16, 2024

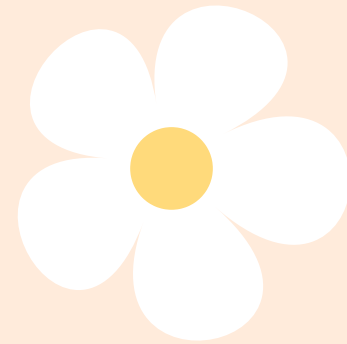


PLEASE
SIGN
IN

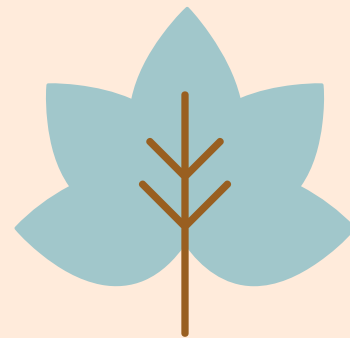
AGENDA



Student Chair Updates



Subcommittee Updates



Upcoming Events



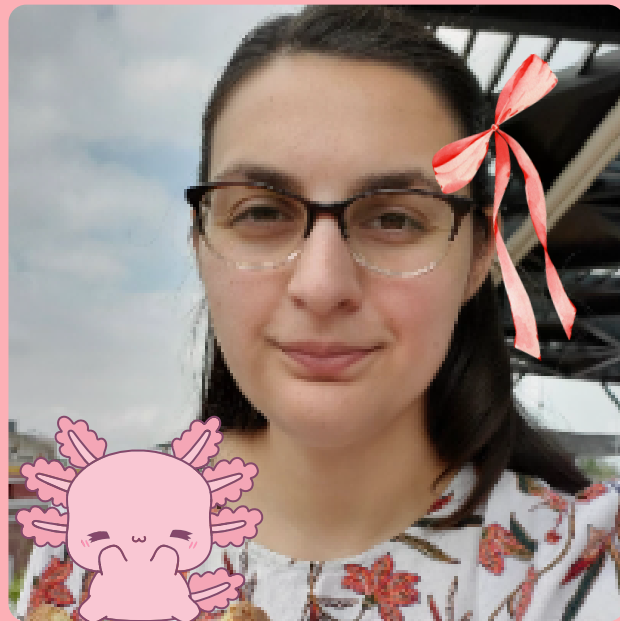
Wellness Presents: Mind
Your Mind

Student Chair Updates



Megan Hsu

Student Co-Chairs



Carolina Rodriguez

Orozco



Nathaniel Tsai

Student Vice Co-Chairs



An Ta



Kat Arnott

Wellness Officer

2024-2025 Wellness Committee Board



Michelle Fernando
Student Co-Chairs



Matthew Phan



Cindy Luo



Richard Ma



Won-Jin Choi
Wellness Officer

Student Vice Co-Chairs

Wellness Subcommittees



Tri Hyunh
Publicist



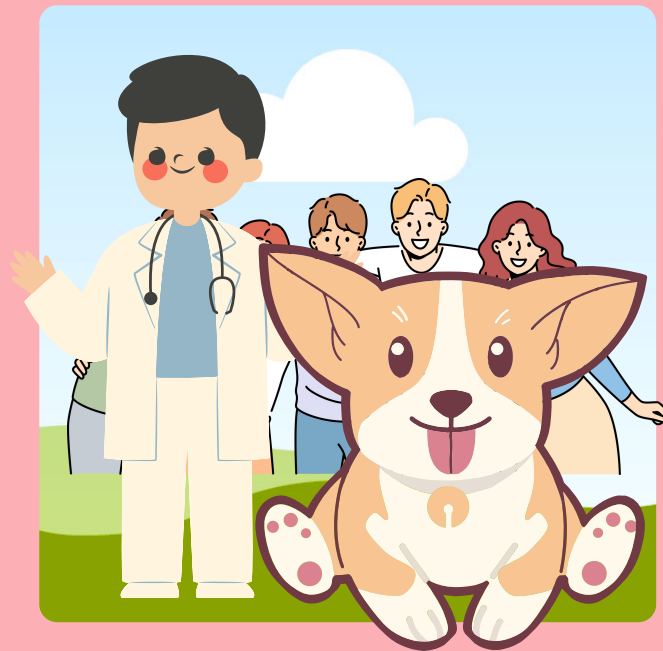
Kishore Bharadwaj
Big/Little



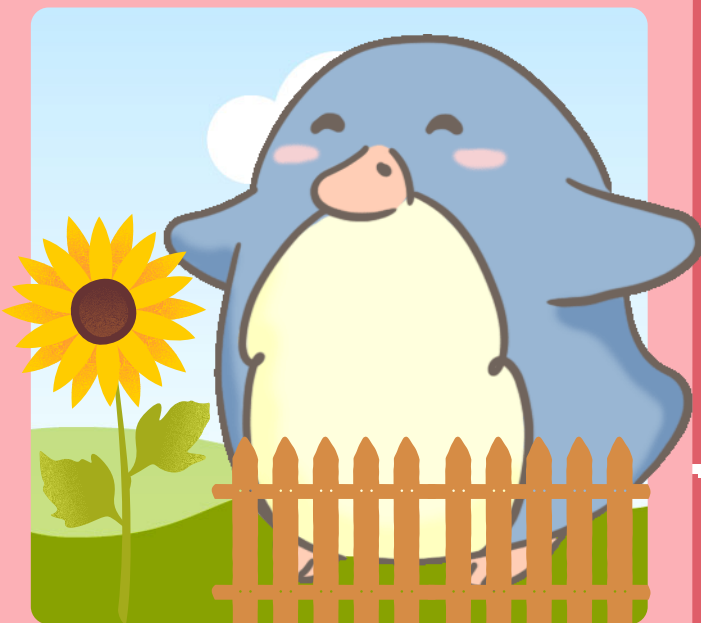
Emily Tran



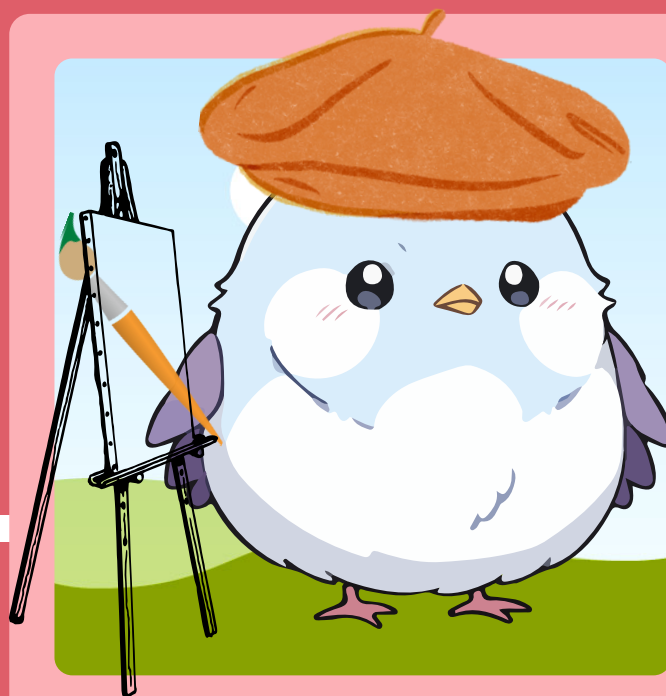
Esther Ahn
Mental Wellbeing



Carter Bernal
Walk with a Doc



Darin Cheung
Nutrition/Gardening



Prithvi Setty
Arts/Crafts



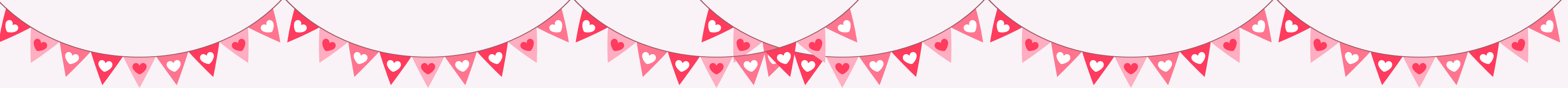
Kimberly Chang
Undergraduate Mentorship



Denise Nadora
Highschool Mentorship



A New Challenger
Approaches!



— HAPPY —
Retirement

RETIRED
since
Today

2023 - 2024 Wellness Committee Events



Paint Night

Monday, February 12, 2024

Hi Everyone!
Excited to announce the first Paint Night of 2024! Join us on **Monday, February 12 at 5pm in Room 1B** for some relaxing art time and acrylic painting! . Supplies will be provided and there will be snacks!
Looking forward to seeing you!

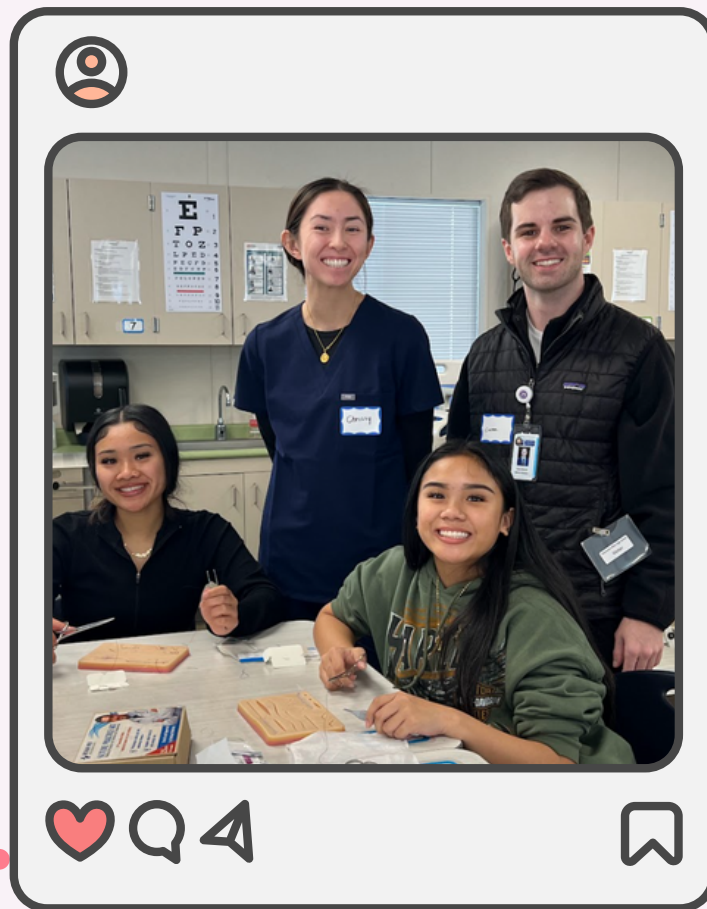
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Subcommittee
Updates!

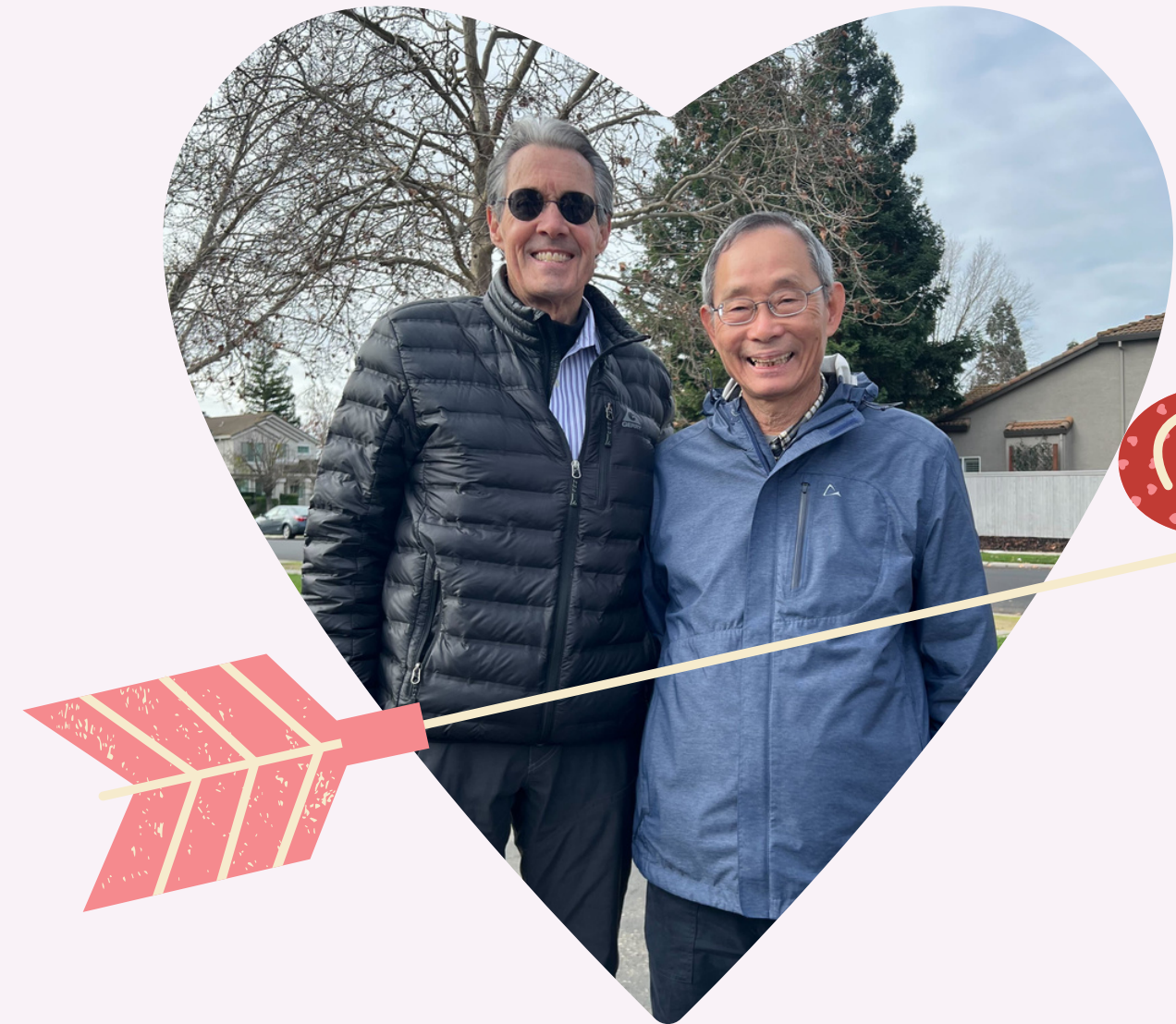
Surgery SIG x High School Mentorship



FEBRUARY 1, 2024

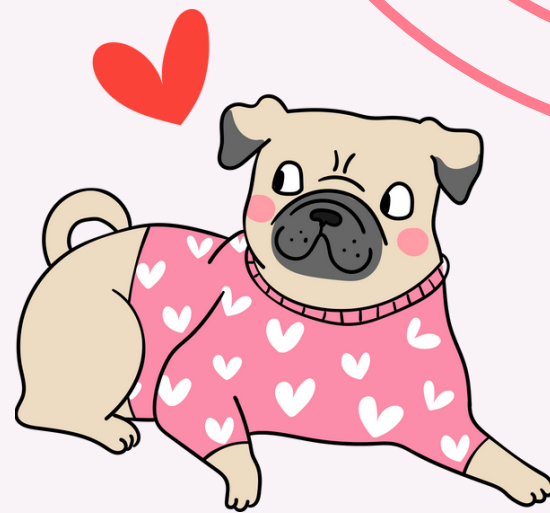


Walk with a Doc



Dr. Lui & Dr. Wigginton

FEBRUARY 3, 2024





Paint Night



CNU Wellness Committee Presents

Paint Night



FEBRUARY 12, 2024





We hope to see you there!

APAMSAxDEI LNY Event

2024

Lunar New Year Celebration

with APAMSA x DEI Committee

February 16, 2024 | 5 PM | Room 1B

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Celebrate the Year of the Dragon
with activities including mahjong, paper lantern making, red
envelopes, and a Lion Dance performance!

Food will be provided from Journey to the Dumpling, Lucky
Jade, and Thanh Huong Food to Go!

**IF YOU HAVE CULTURAL
ATTIRE, WE ENCOURAGE
YOU TO WEAR IT!**





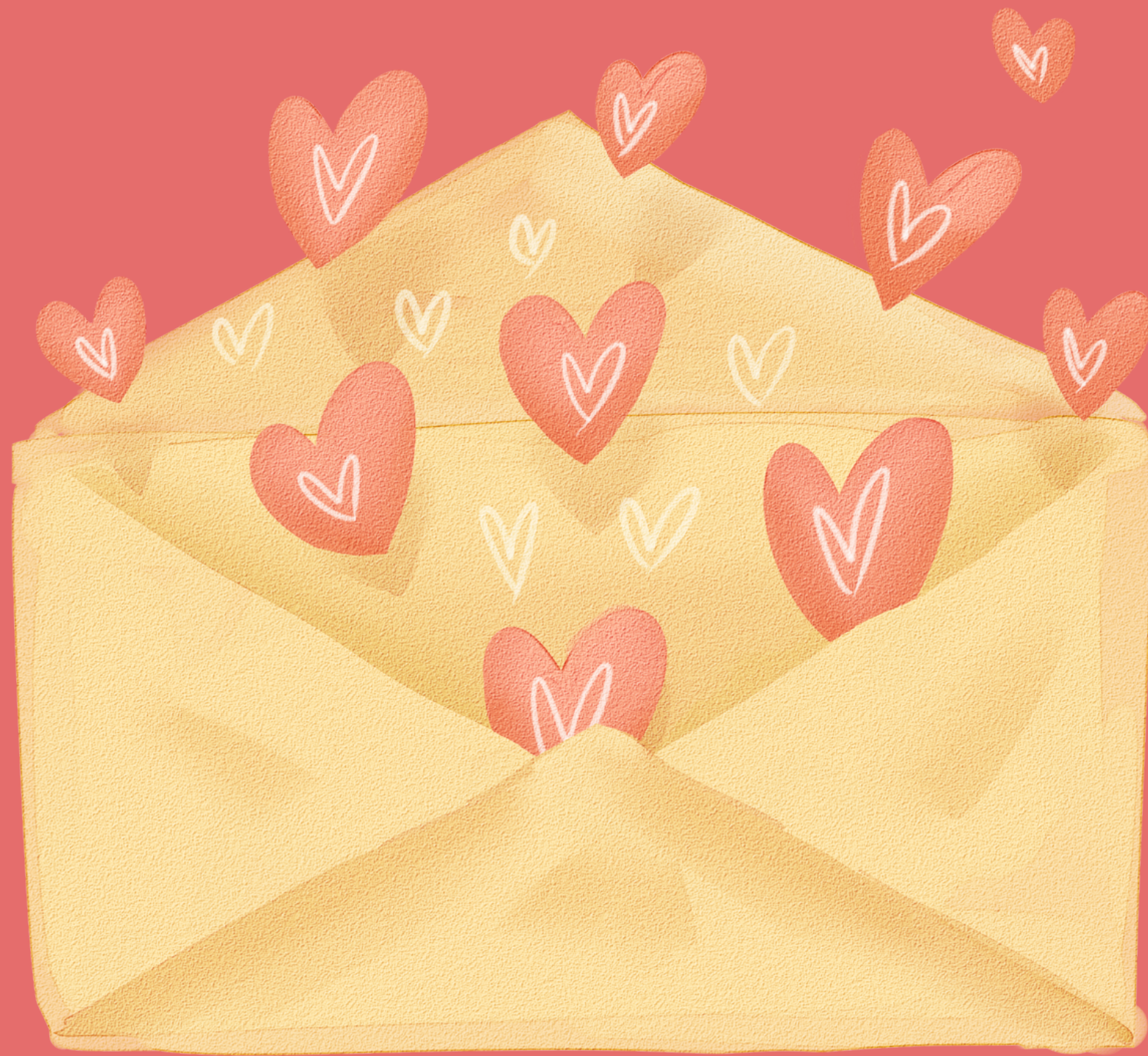
Wellness Presents: Mind Your Mind

A talk about the
transitions we make in life.



Dr. Veronica Dobson, Psy.D.





Thank you for
coming!

GOOD LUCK ON YOUR
UPCOMING EXAMS!!





PLEASE
SIGN
IN