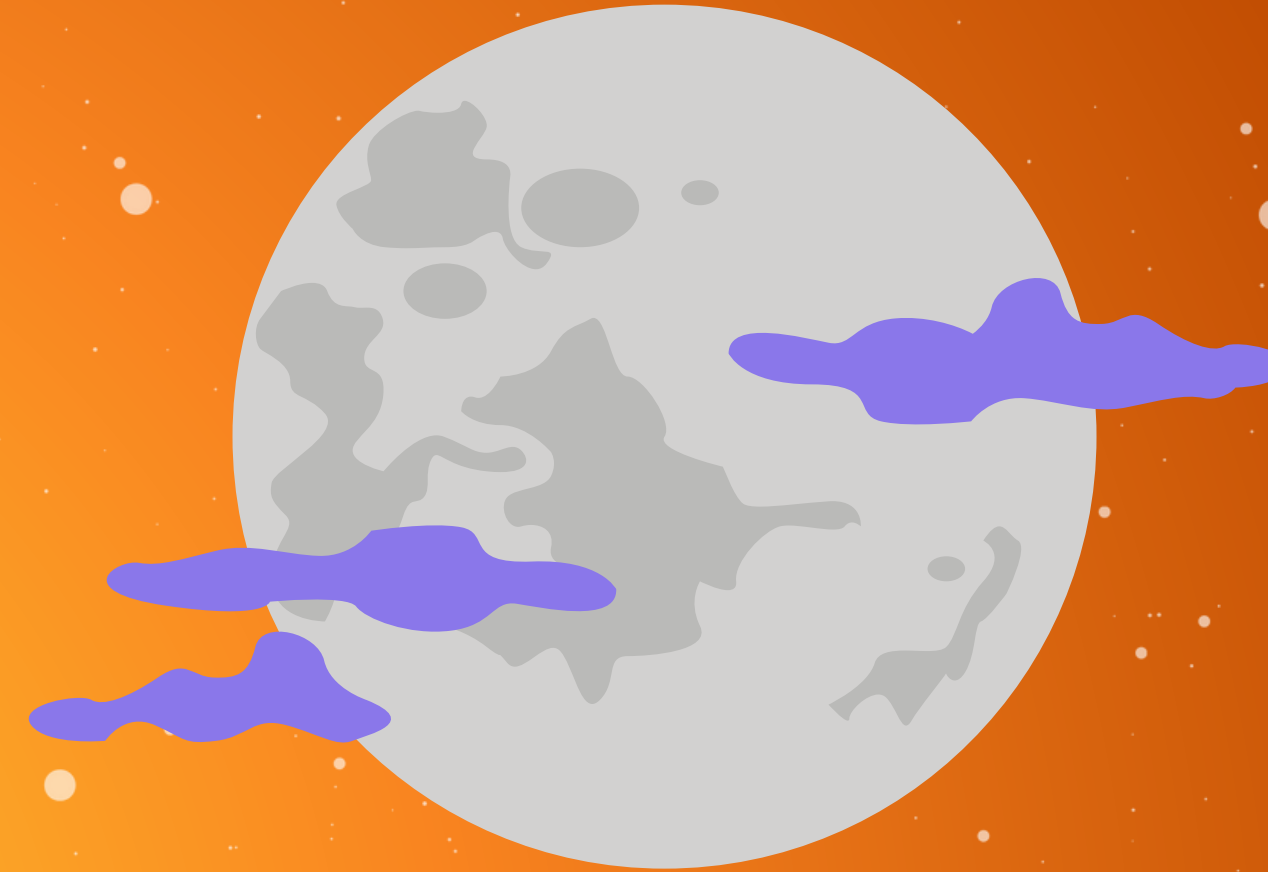




CNU.COM
Wellness



COMMITTEE MEETING

October 27, 2023





A PANEL FULL OF WELLNESS



Dr. Valerie Gerriets

Chair

*Assistant Professor of Pharmacology,
Biochemistry and Immunology*



Dr. Martin Rubin

Vice Chair

Associate Professor of Psychiatry



**Dr. Sarah Preiss-
Farzanegan**

Medical Skills Co-Course Director



Wai Lin Tun, MA

*Academic Skills and Student Services
Coordinator*



Dr. Charles Ware

Director of Academic Services



Dr. Conrad-Forrest

*Assistant Professor
Reproductive Systems Course Director*



**Lee Weathers-Miguel,
MS**

Student Life Advisor



CO-CHAIR UPDATES



WELLNESS RESOURCES

SIERRA SACRAMENTO VALLEY
MEDICAL SOCIETY (SSVMS)

Joy of Medicine

SSVMS offers **up to 6 FREE wellness sessions**
with vetted psychologists and/or life coaches
for physicians and medical students

Scan for more
information on our
Wellness Committee
website



**To schedule an appointment for a
counseling session**, contact a Vetted
Provider directly and let them know that you
are accessing the **SSVMS Joy of Medicine
Program**





OPPORTUNITIES FOR M1S

M1 REP

- Opportunity for professional development
- Enhance your leadership, communication, and organizational skills
- Support with planning/scheduling events
- 2 positions available

M1 VOTING MEMBER

- Attend all of the SA&W Committee meetings
- Report in about the ad hoc committee meetings
- Must be in good academic standing
- 2 positions available

DUE NOV 21 BY 11:59 PM

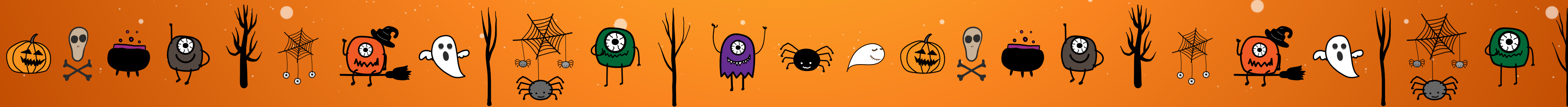




SUBCOMMITTEE UPDATES



PAINT NIGHT



WORLD MENTAL HEALTH DAY



CNU WELLNESS PRESENTS

World Mental Health Day

We will have lots of exciting booths featuring:

knitting w/ KYAS	basketball
cookie decorating	
"smoothie wars"	D&D
cornhole	snacks
meditation sessions	video game room
	painting plant pots

WITH A PRESENTATION ON

COPING W/ANXIETY

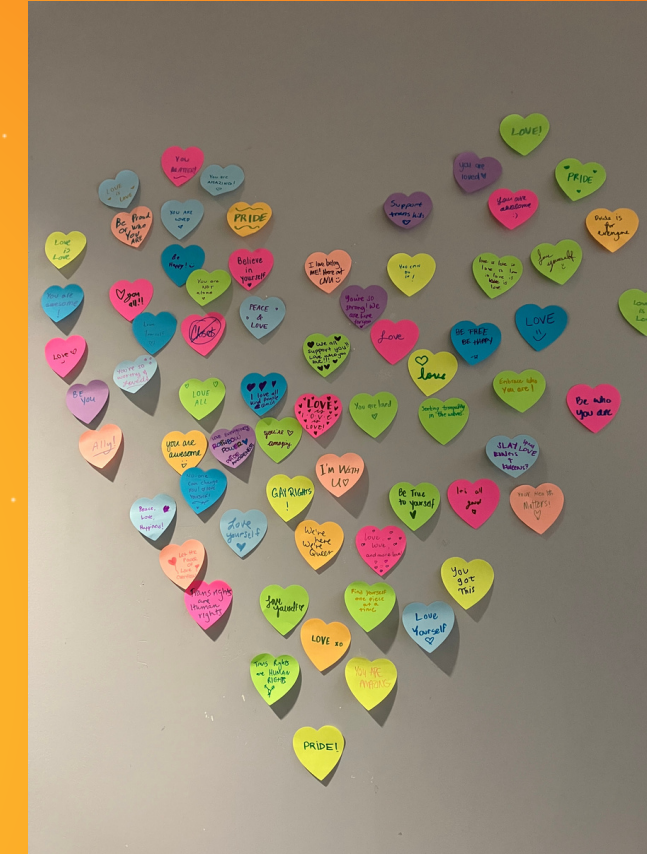
BY DR. CHARLES WARE
FOOD WILL BE PROVIDED!

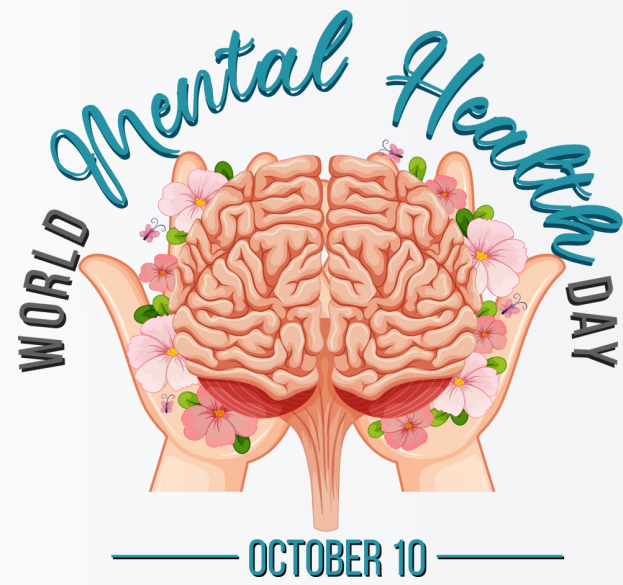
ROOM 1A, 1B, ALL SMALL STUDY ROOMS, AND THE PATIO

JOIN US FROM
2 - 5 PM

OCTOBER 10TH, 2023

CNU.COM Wellness





WORLD MENTAL HEALTH DAY



BHAVNA

KAT

MARCELLO

AN

MEGAN

DR. GERRIETS

KYAS



BASKETBALL SIG

HH&CC SIG

QMSA

WELLNESS





NATIONAL LATINO PHYSICIAN DAY



National Latino Physician Day

LMSA is honored to host guest speaker,
Dr. Jorge Garcia

Tamales &
burritos
provided!

Tamales &
burritos
provided!

Join us in celebrating Latino physicians
and their contributions to medicine

Where: Room 1A
When: Monday (10/2) @ 3:00pm



WALK WITH A DOC



DR. THAMIR ESSAYYAD

LOCATION: BARTHOLOMEW PARK
TIME/DATE: SAT 11/4 FROM 9-10 AM

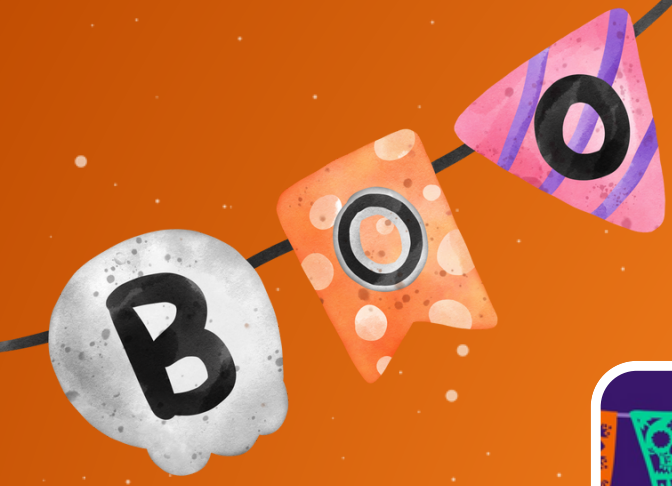


HIGH SCHOOL MENTORSHIP RECRUITMENT FOR CONSUMNES HIGH SCHOOL



UPCOMING EVENTS





DÍA DE LOS MUERTOS

Lobby and Room 1 B

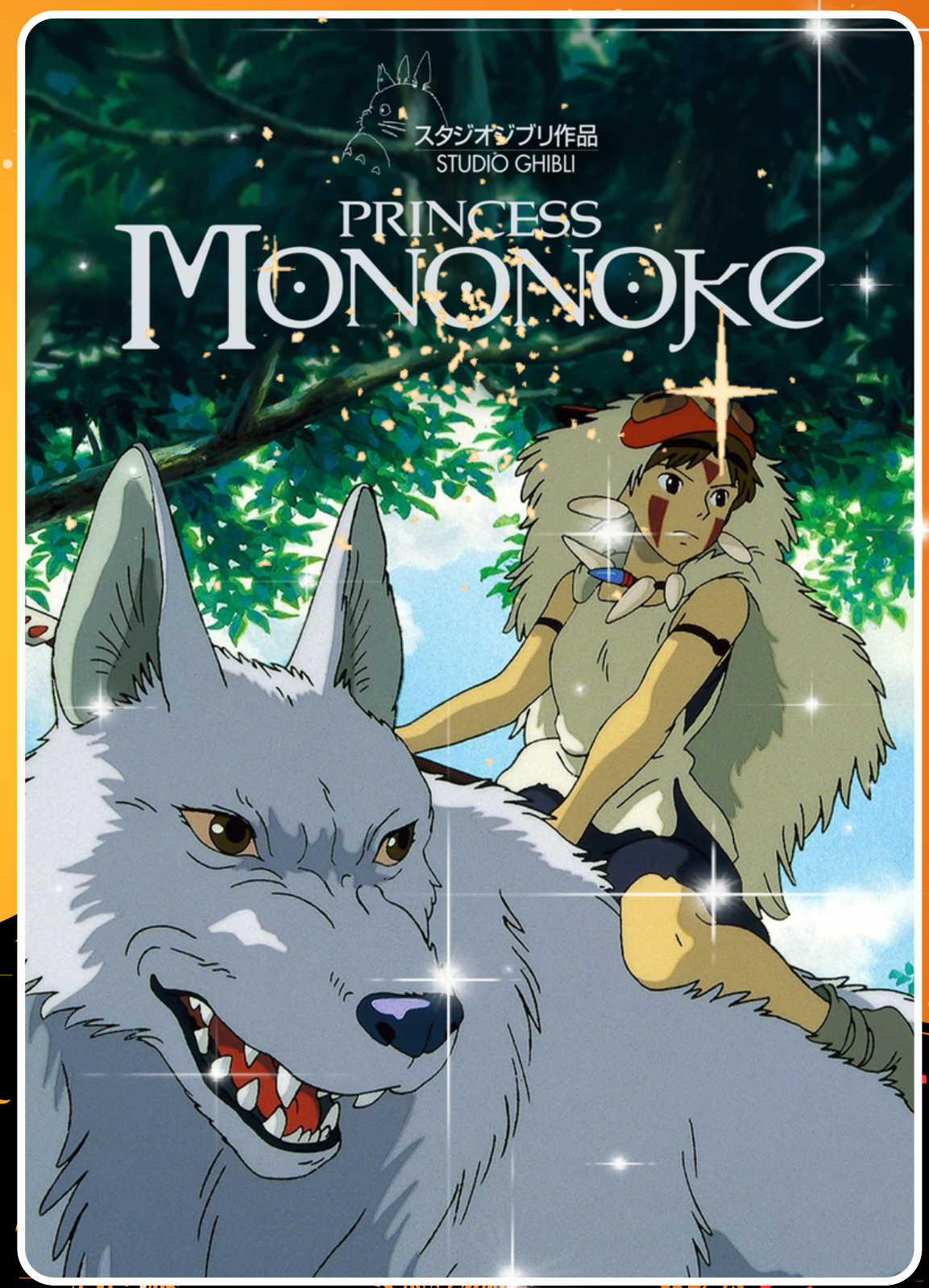
Wednesday
Nov 1, 2023

4:30 PM

Free Food Altar Opening Arts and Crafts Watch Coco

CNU.COM Wellness The Latino Medical Student Association CALIFORNIA NORTHSTATE UNIVERSITY COLLEGE OF MEDICINE

NOVEMBER 1ST



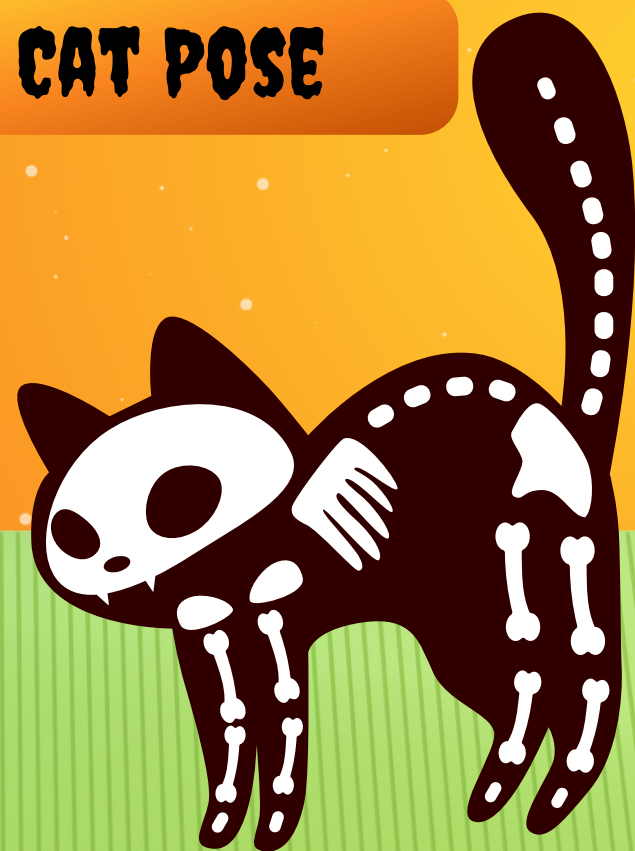
DECEMBER TBD



YOGA

TREE POSE

CAT POSE



YOGA SESSION



NOVEMBER 16

TIME: 4-5 PM

LOCATION: CLASS 1A

BRING: WATER, TOWEL, & YOGA MAT
EXTRA YOGA MATS AVAILABLE

OPEN TO ALL LEVELS!

 **CNU.COM**
Wellness

SPOOKY BUSINESS





FOOD RESTRICTIONS AND PREFERENCES SURVEY



PICTURE TIME



**THANK YOU
FOR COMING!**



**NEXT MEETING
IN JANUARY!**

