



# FACULTY WELLNESS MONTH

## OCTOBER 2022



SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>Office of the Provost Sponsored Event   Northwestern Event/Wellness Offering</b>  <b>Oct. 10-23: <u>FREE Access to the Henry Crown Sports Pavilion &amp; all Group Exercise classes to all faculty and their immediate family members</u></b></p>						1
2 <u>Visit the Shakespeare Garden</u>	3 <u>Schedule a YourLife Nutrition Consultation</u>	4 <u>HR WELL Caregiver Open House: Evanston</u>	5 <u>HR WELL Caregiver Open House: Chicago</u>	6 <u>Flu Shots: Chicago</u>	7 <u>Weekly Drop-In Meditation</u>	8
9	10 <u>Parenting Children with Mental Health Issues</u>	11 <u>Flu Shots: Evanston</u>	12 <u>Free Fitness Consultations</u>	13 <u>Free Fitness Consultations</u>	14 <u>Virtual culinary session with Vicki Shanta Retelny</u>	15 <u>Northwestern University Symphony Orchestra</u>
16	17 <u>HR WELL Virtual Health and Benefits Fair</u>	18 <u>EAP Orientation Session</u>	19 <u>Check out a YourDaily workout class</u>	20	21 <u>Visit the Dearborn Observatory</u>	22 <u>Imagine U: Me... Jane: The Dreams &amp; Adventures of Young Jane Goodall</u>
23	24 <u>Massage Tune-Ups: Evanston</u>	25 <u>Enjoy a 5-minute meditation</u>	26 <u>Massage Tune-Ups: Chicago</u>	27 <u>How to Have More Time for Research and Writing</u>	28 <u>Hymnfest</u>	29 <u>Taking Shape: Abstraction from the Arab World, 1950s – 1980s</u>