

The Wellness Week

Program

Monday October 29:

- **12:00 p.m.:** Nutritionist Ms. Jessica Faissal will be giving a talk on **sport nutrition** and tackling **dieting myths**.
Location: Frem 205, Byblos campus
- **12:00 - 3:00 p.m.:** Relieve midterm stress and **come play with Give Me a Paw puppies!**
Sign up to volunteer with the *Animal Rights Club* and *Engineers without Borders* in their cause to help Give Me a Paw organization build a shelter for disadvantaged dogs. There are many dogs that need a loving home. Let's adopt not shop!

Tuesday October 30:

- **5:30 - 7:00 p.m.:** **Drama therapy** session with Mrs. Norma Saade.
A really cool session to unwind, get to know yourself and others, and learn a bit what drama therapy is about. Spots are limited for this one. If you're interested, kindly contact VP Emma Harfouche- 78/ 968048

Wednesday October 31:

11:00 a.m. - 2:00 p.m.: Our main event – The Wellness Fair. Join us for a fun Zumba session at the fountain area at 12:00 p.m.

Make sure to stop by the booths of MEEDA, Marsa, Skoun, and Embrace as well! The organizations will also be giving 50-minute talks in parallel:

- **11:00 a.m.:** **Embrace** will be raising awareness about mental health, particularly depression, and talking about the Embrace helpline.
Location: Frem 103 H.
For more info about embrace: <https://www.embracefund.org>
- **12 p.m.:** **Skoun** will be informing you about your legal rights in case of an arrest.
Location: Frem 505.
For more info about Skoun: <http://www.skoun.org>
- **1:00 p.m.:** **MEEDA** will be teaching you how to recognize disordered eating and how to cultivate healthy eating habits.
Location: Frem 505.
For more info about MEEDA: <https://www.meeda.me>
- **2:00 p.m.:** **Marsa** will be talking about communication and consent among sexual partners.
Location: Science auditorium 402.
For more info about Marsa: <https://marsa.me>

Friday November 2:

- **3:00 - 5:00 p.m.:** *Dance Club* presents: **Dance and movement therapy workshop** by psychotherapist Ghinwa Slaiby.
The workshop will introduce you to the field in two parts- the first hour will cover the theory behind dance therapy and the second will be a hands-on (and feet-on) application.
Location: Frem 201 (Multipurpose Room)