

**Other group programs offered by
the Wellness Center:**

LGBTQ Support Group

Hope & Healing for Women

Veteran's Support Group

**Cognitive Behavioral Therapy
Group**

Relax With Art

Mindfulness & Meditation

*For more information about other
programs, please call the Wellness Center
at 718-482-5471 or stop by room C-249.*



THE WELLNESS CENTER wants to provide students with the guidance, information, resources, and support needed to make college life more manageable and successful. Our counselors are available to help students cope with personal, social, and academic issues in a safe and confidential environment.

ADDITIONAL WELLNESS RESOURCES ON CAMPUS

Athletics and Recreation Center

Room MB-42
718-482-5963
Recreation@lagcc.cuny.edu
www.laguardia.edu/Recreation

Health Services Center

Room MB-40
718-482-5280
Health-Center@lagcc.cuny.edu
www.laguardia.edu/Student-Services/Health-Services

Single Stop

Room C-107
718-482-5129
SingleStop@lagcc.cuny.edu
www.laguardia.edu/SingleStop

Women's Center

Room MB-10
718-482-5188
www.laguardia.edu/Student-Services/Women-s-Center

Project Weekly Wellness



**A health and wellness program for
Lesbian, Gay, Bisexual, Transgender,
Queer and Questioning, and Asexual
(LGBTQA) students presented by**

The Wellness Center



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Room C-249
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WellnessCenter@lagcc.cuny.edu
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What? *Project Weekly Wellness*

is a program that will address and enhance the mental, physical, and spiritual health and wellness of LGBTQA students at LaGuardia.

How? Each week there will be a workshop led by an expert on a health and wellness activity. There will be an opportunity to engage in the activity and discuss it.

When? The workshops will begin March 23rd, 2016 and will meet every Wednesday from 4:30 p.m. – 6:00 p.m. for six weeks.

Wellness Workshop

Topics and Activities

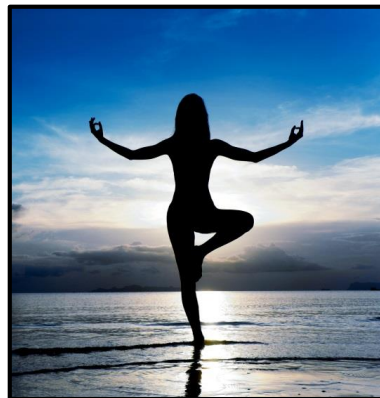
- ❖ Yoga and Writing
- ❖ Career and Occupational Wellness
- ❖ Healthy Eating and Cooking
- ❖ Touch Drawing
- ❖ Safe Sex
- ❖ And More!

Why?

- ❖ You will be exposed to an *interactive* learning experience.
- ❖ You will get to *connect* with peers in an open and supportive environment.
- ❖ You will get a “*Wellness Kit*” that will aid you in your time through the program and even after.
- ❖ You will enter into a raffle for a \$100 gift card!
- ❖ There will also be snacks and beverages available at *every* meeting!

What is wellness?

We define wellness as a state of mind, body, and spirit that reflects how healthy you feel and how well you are able to meet your daily obligations.



If you are interested in participating in *Project Weekly Wellness* or want more information, email Marissa Tolero, Program Manager, at mtolero@lagcc.cuny.edu OR fill out this box and drop it off in the Wellness Center in C-249.

Name _____

Email _____