

“Wellness Wednesdays” was designed help relieve some of the stress students, particularly 1Ls, feel during finals. For three Wednesdays in April, we partnered with other student organizations to provide breakfast. During breakfast, we had information available for students about campus mental health services, and had student mentors on hand to talk with any student who needed a little reassurance. Each Wednesday at lunch, we provided stress-reliving programming designed to help students relax and get away from the stresses of school if only for an hour, at no cost to the students. Programming included a free yoga class, free chair massages, and time with therapy dogs.

Throughout the three Wednesdays, I estimate 150-200 engaged in some way – whether it was for breakfast or the lunchtime programming. Many of those 150-200 students engaged more than once. In addition, several faculty members also participated, which helps build our campus community.

We heard nothing but positive feedback from students. Many suggest spreading Wellness Wednesdays out to encompass the entire semester in the fall.

The actual costs incurred were minimal. Because we partnered with other student organizations, they helped defray our costs. There was no revenue intake, and none was expected. The purpose was to provide programming for the student at no cost to them.

Expenses

Breakfast on 3/12	\$ 50.00
Breakfast on 3/19	\$ 50.00
Breakfast on 3/26	\$ 50.00
Chair Massages	\$305.90

Revenue \$ 0.00

Though we were approved for a \$500 grant, we are only seeking \$305.90 in reimbursement.

SBA presents



WELLNESS WEDNESDAYS

April 12, 19, and 26

WEDNESDAY, APRIL 12

Breakfast/9am/Lobby

presented by Arizona Law Review

Yoga/12pm/Room 135



WEDNESDAY, APRIL 19

Breakfast/9am/Lobby

*presented by Arizona Journal
of International & Comparative Law*

Chair Massages/9am-1pm/Roundtree 102
FREE TO STUDENTS! Reserve your time [here](#).

WEDNESDAY, APRIL 26

Breakfast/9am/Lobby

*presented by Arizona Journal
of Environmental Law & Policy*

Therapy Dogs/12pm/Lobby

