

Wellness Week - Take a Moment

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Date: Tuesday, August 3 - Friday, August 6

Staff Lead: Melissa Sousa, Michelle Royer, Michelle Hamer

Registration: Click [here](#)

Live Events

****All events (except Kahoot! Trivia) will be on Instagram @SenecaNewnhamRec****

Tuesday, August 3

Student Talk @ 10:30 AM ([join](#))

Speakers: Parm Sandhu (SAA President) & Ritik Sharma (SSF President)

Functional Training @ 11:00 AM ([join](#))

Trainer: Mike Brain

Wellness Week Promo @ Noon ([join](#))

Speaker: Melissa Sousa

**Instagram @SenecaCollege*

Physical Exercise Benefits @ 12:30 PM ([join](#))

Speaker: Dr. Francella (Sports Medical Doctor)

Non-Scale Victories @ 2:00 PM ([join](#))

Speaker: Melissa Sousa

Wednesday, August 4

Barre @ 11:00 AM ([join](#))

Trainer: Michelle Hamer

Mindful Meditation & Stretch @ 12:30 PM ([join](#))

Speaker: Sarah Donato (Strength & Conditioning Coach)

5 Senses Exercises @ 2:00 PM ([join](#))

Speaker: Michelle Hamer

Thursday, August 5

Bootcamp @ 11:00 AM ([join](#))

Trainer: Chris Sousa

Seneca Mentors Series - SMILE Mentoring Program @ 12:30 PM ([join](#))

Speaker: Alyssa Medoro (Student Life Program Assistant)

Seneca Mentors Series - Peer Wellness Program @ 1:15 PM ([join](#))

Speaker: Alena Tiberia (Student Life Coordinator)

Communication is Key @ 2:00 PM ([join](#))

Speaker: Mike Brain

Kahoot Trivia - Wellness Week Edition @ 5:00 PM ([join](#))

Host: Mike Brain

Friday, August 6

Smart Shopping for Healthy Meals @ 12:30 PM ([join](#))

Speaker: Yvanna Mesic (Registered Dietician, Aramark)

Salmon En Papillote on the Grill @ 2:00 PM ([join](#))

Speaker: Melissa Sousa

tags : connect, health, mental, nourish, physical, wellness