

Invest in Yourself

MINDFULNESS AND WELLNESS FAIR

AUGUST 4, 2021 · 10AM - 3PM

LORY STUDENT CENTER, BALLROOM D



**OPEN HOUSE
BALLROOM D
10AM - 3PM**

Stop by to chat with participants and find out more about health and wellness opportunities at CSU and in the community.

**NEED A COVID
VACCINE?**

Appointments available for on-campus vaccine clinics at Moby Arena on August 4th.

More information [here](#).

In-Person Breakout Sessions:

Lory Student Center, Room 322

10:00 am Colorado State Employee Assistance Program live stream “Top 10 Strategies for Wellbeing”

11:00 am Health District of Northern Larimer County – “What’s Your Plan?”

The Larimer Advance Care Planning Program is offering an informative wellness session on how to make a plan for making and discussing your wishes for medical care if you couldn’t speak for yourself. This program will explore having the conversation and what documents are needed for a good plan! This is important for everyone over the age of 18 and one of the best gifts you can give your loved ones.

1:00 pm Health District of Northern Larimer County – “What’s Your Plan?” (second session)

Lory Student Center, Room 324

10:00 am Invest in Your (Financial) Self - Canvas Credit Union invites you to join u for a fun and interactive look at 5 areas where you can improve your financial well-being. We’ll use quizzes, resources, handouts and activities to provide easy, practical ways to invest in your financial self.

11:15 am “Creative Chill Out” – Being creative can help us reduce stress by giving our thinking mind a break. Creating something can be restorative, boosts our mood, and takes very little time. In this session, you will experience various ways to bring creative breaks in small moments of everyday life. Creativity can help us be mindful and bring us into a flow state which can be very restorative. No prior skills required. We will also cover some of the well-being support available to students, staff and faculty at CSU through the CSU Health Network. (This session is limited to 30 people, please get there early/on time to get your spot!)

1:00 pm “Fueled by Fear” – Have the knots in your stomach ever paralyzed you from pursuing your goals or dreams? Are you feeling stagnant and unsure how to just dive in? Join us for a discussion with Alisha Zellner on being fueled by fear and engaging your community towards change through sport. Alisha was born and raised in Colorado Springs, CO. She graduated from CSU with a double Bachelors in Psychology and Sociology (Go Rams!), went on to receive her Masters in Justice Policy from UTSA, and is seeking her second in Social Work from MSU Denver. Prior to Law Enforcement, Alisha was a Mental Health Counselor for 5 years in adolescent residential treatment facilities. She has traveled to 13 countries, climbed over seven 14,000 ft mountains, run 40+ races, crossed the finish line of the Athens Marathon, completed 2 Sprint Triathlons, and played full contact semi-professional football. In her spare time, she loves to solve the Rubik’s cube.

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CARE PROGRAM
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Virtual Access Breakout Sessions:

10:00 am Colorado State Employee Assistance Program – “Top 10 Strategies for Wellbeing”

- [click here to pre-register](#)

1:00 pm Larimer County Office on Aging – “Managing Stress Workshop”

- [Join Zoom Meeting](#)
- Meeting ID: 921 2900 6317, Passcode: 417940
- Find your local number: <https://larimer-org.zoom.us/j/adTxEN836j>

2:00 pm Larimer County Office on Aging – “Managing Stress Workshop” – second session

- [Join Zoom Meeting](#)
- Meeting ID: 933 3187 1368, Passcode: 622317
- Find your local number: <https://larimer-org.zoom.us/j/askPh3xL4>

3:00 pm Commitment to Campus – Website Tour and a Prize Opportunity

Additional Virtual & Online Resources:

Living Mindfully Online Program from CSU Extension

The Living Mindfully experiential program through CSU Online will introduce you to fundamental mindfulness concepts, principles, and practices that can help you cultivate greater awareness, better manage stress, and tap into more joy, gratitude, and compassion. More info can be found at <https://www.online.colostate.edu/badges/living-mindfully/>.

CSU Extension Classes and Workshops

Offered classes include mindfulness and wellness; yard and garden; and cooking, canning and food preservation.

Canvas Credit Union Financial Education

Colorado State Employee Assistance Program

additional resources and access to health and wellness resources for State Classified employees

Cigna (State Classified Health Care Provider) presentation “Mental & Behavioral Benefits and Practicing Mindfulness”

SPIN Information and Resources English and in Spanish

Spin is one of the leading micromobility companies and a unit of Ford Mobility. They just rolled out dockless electric scooters and e-bikes in Fort Collins. Spin has been recognized for launching the first stationless mobility program in the United States and was instrumental in crafting the world's first mobility permit system.

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