Acupuncture at the Wellness Center
Monday, November 10 & 24
9am – 12pm
Gove Wellness Center
An appointment is required.
Call 334-5340 to make an appointment.

BRAVE: Building Responsible Advocates for Violence Education

Friday, November 14
11am – 3pm
015 Gove Student Health

BRAVE promotes healthy relationships for UNCG students through an education and advocacy training program. Register at http://workshops.uncg.edu.

Wellness Tip: Practice Gratitude
Thanksgiving is a time of acknowledging things that we are grateful for. Try to make some time throughout the month, and the whole rest of the year, to practice gratitude. Practice gratitude today by generating a list of 5 things that you are thankful for or by expressing your thanks to someone through a phone call or letter.

Nefarious Merchant of Souls: Sex Trafficking Documentary
Monday, November 3
6pm – 8pm
EUC Auditorium

The documentary provides a look at modern day sex slavery through the eyes of both the enslaved and their traffickers. The purpose of the film is to galvanize hope and vision. Sandra Johnson is the featured speaker. The discussion and film are provided by Triad Ladder of Hope.

Edible Wisdom: Series #4
Tuesdays, November 11, 18, & 25
2pm – 3pm
005 Gove Student Health

Edible Wisdom is a nutrition workshop designed to fuse the professional recommendations of a Registered Dietitian and the practical advice of fellow peers to gain the knowledge and skills necessary to promote healthful eating habits, weight management, and real sustainable energy. Register at www.shs.uncg.edu/wellness.