



Wellness Day for Staff and Faculty

April 12, 2023

9:00 am – 3:00 pm – Chair Massages - Hanes Commons - The Well
15-minute massages offered (must sign up – 1st come first served)

Register at:

Chair 1 - <https://www.signupgenius.com/go/10C0948A5AF28A0FEC07-uncsa>

Chair 2 - <https://www.signupgenius.com/go/10C0948A5AF28A0FEC07-uncsa1>

10:00 am – 3:00 pm – Library Activities

- Blind date with a Book – 1st Floor
- Netflix not Needed: Overview of Streaming Films – 2nd floor (11 am-12 pm)
- Crafts, Puzzles, and Games – 2nd floor
- Makerspace – exploration & print your own poster – 1st floor (12pm-3pm)

11:00 am – 2:00 pm – Fun Activities (Daniels Plaza)

- Tie Dye T-Shirts
- Cornhole
- Karaoke

12:00 noon – 1:30 pm- Drop-in Jazz Class - Workplace Dance Studio – Room 608 A

Faculty Member – Keith Thomas

2:00 pm - 5:00 pm – Floating Social (Italian Ice Truck) Hanes Commons – Bottom Floor

Sponsored by Staff Council