

# **Wellness Week**

Presented by the Student Health Center

April 8th-12th, 2024

## **Monday, April 8th**

### **Paws & Relax**

11:30 am - 12:30 pm, Student Health Center lawn

Kick off Wellness Week by relaxing with the therapy dogs from the Humane Society of Sarasota County!

### **Step Aerobics**

6:30 - 7:30pm, Scott's Plaza under the tent

Taught by Tina from Sarasota Memorial HealthFit

## **Tuesday, April 9th**

### **Yoga Dance**

12:00 - 1:00 pm, Scott's Plaza under the tent

Taught by Lynn from Sarasota Memorial HealthFit

### **Basic Tools for Mindful Meditation**

3:30 - 4:30 pm, Peterson Counseling Center

Come relax while you learn foundations to mindful meditative practice including breathing, progressive muscle relaxation, and how to focus on the here and now.

### **#ResilientYou Zine Release Party**

6:15 - 7:00 pm, Academic Center Lobby

Enjoy some refreshments as you check out the new #ResilientYou Zine presented by the Peterson Counseling Center!

The first 50 students will receive a limited-edition #ResilientYou Zine sticker.

### **Artist Talk: Katelyn Johnson**

7:00 - 8:00 pm, Academic Center Auditorium

Join Ringling alumna Katelyn Johnson '19, Game Art, as she shares personal insights into the ever-evolving landscape of moving from college life into our creative industries, prioritizing personal health and wellness as it becomes paramount. Join us for a journey of the "Care for Your Creative" campaign, where we delve into fostering resilience, navigating change, and creating healthy boundaries in both personal and professional spheres.

**Artist Bio:** Katelyn Johnson is an environment artist in the video game industry. Contributed to acclaimed titles such as The Last of Us: Part II, The Last of Us Part: I Remake, and God of War Ragnarok. She joined the video game industry to be a storyteller, making worlds to share and explore with others while also becoming an advocate for change. Pushing to uplift more women, POC, LGBTQI+, Transgender people, and any marginalized humans in the industry. Her goal focuses on being a bridge builder for a better work environment while growing in communication and leadership areas!

**Portfolio Link:** [Portfolio](#)

## **Wednesday, April 10th**

### **Wonderful Wednesdays Wellness Fair**

11:30 am - 12:30 pm, outside Cunniffe Commons

Join the Peterson Counseling Center, Sarasota Memorial HealthFit, Recreation & Wellness, and Volunteerism to learn more about all the free resources available for students to support their health and wellness. Decorate your own sleep mask while you learn tips for sleeping better, and pick up a goodie bag with supplies to take care of yourself this summer!

## **The Next Level: Seniors Wellness Workshop**

1:30 - 2:30 pm, Peterson Counseling Center

Are you feeling stressed about life after graduation? Having feelings about leaving Ringling? Join the Peterson Counseling Center to: learn ways to manage emotions during the transition; find support, medical and mental health care after college; utilize the Seniors Resource Library for helpful resources; and enjoy the last weeks of Ringling!

## **Rest & Revive Restorative Yoga**

4:45 - 5:45 pm, Fitness Center Group Room

Restorative Yoga allows one to let go of the stresses of daily life. This practice is a form of radical rest and a great remedy for mental tension and pressure. Bolsters, blankets and eye coverings are props provided to support the body in positions of comfort and ease.

## **Understanding Macros Workshop (with smoothie bar!)**

5:00 - 6:00 pm, 1st Floor Goldstein Hall Lobby

Join the Student Health Center's Dietitians to learn how to balance your diet by understanding your calories, macronutrients, and food choices. You will learn what macronutrients are, why they are important, and how to create a healthier diet. This workshop will help you to reach your health and fitness goals. We will also be covering protein shakes by hosting a DIY smoothie making bar.

## **Thursday, April 11th**

### **Jazz Up Your Journal: Second Installation**

11:30 am - 12:30 pm, Library Room 314

A lunch and learn to introduce new and seasoned journal writers to new techniques to encourage self-expression and reflection.

### **Shadow Boxing**

12:00 - 1:00 pm, Scott's Plaza under the tent

Taught by Charles from Sarasota Memorial HealthFit

### **Digital Artist Talk: Devin Elle Kurtz**

7:00 - 8:00 pm, Zoom link: <https://ringling-edu.zoom.us/my/katherineoglesby>

Illustrator and visual development artist, Devin Elle Kurtz, discusses her approach to caring for both her mental and physical health as a full-time artist with a chronic illness. The presentation will be followed by a Q&A session.

**Artist Bio:** Devin Elle Kurtz is a digital illustrator and visual development artist working in Photoshop CC. Her focus is magical scenes that combine fantasy elements with environments that feel visceral and real. She has worked in the animation industry as a background painter/designer and visual development artist since 2017. She was the lead background painter on "Disenchantment" at Rough Draft Studios from 2019-2021. Her debut picture book as an author-illustrator, *The Bakery Dragon*, will be published by Knopf in October of 2024. She has illustrated for a number of publications including HarperCollins (*Starminster*, *The First State of Being*), Penguin Random House (*Mother of Sharks*), and Simon and Schuster (*Escape from Atlantis* series). Other past clients include Netflix, Disney, Mondo, and Adobe.

**Website:** <https://www.devinellekurtz.com/>

## **Friday, April 12th**

### **Sexual Wellness & Queer Closet Pop-Up for Second Chance Prom**

11:30 am - 12:30 pm, Scott's Plaza

Stop by the Peterson Counseling Center's table at the Queer Closet Pop-Up for sexual health freebies, information, and activities to engage in. Students who correctly answer the "sexual wellness word matching" game will be entered to win a sexual wellness prize basket!

### **Glow in the Dark Yoga**

6:30 - 7:30 pm, Scott's Plaza under the tent

Taught by Yely from Sarasota Memorial HealthFit