



Mind Body Spirit Day

Tuesday, September 26, 2017
Gilligan Student Union Building, 2nd floor

9:55 - 11:10

11:20 - 12:35

12:45 - 2:00

2:10 - 3:25

LOVE BRINGS LIBERATION
Venida Rodman Jenkins, M.Div.
Multipurpose Room A

CATCH YOUR THOUGHTS
Emile T. Berk, Ph.D.
Multipurpose Room A

VIOLENCE & PUBLIC HEALTH
Steven Campos, M.P.H.
Multipurpose Room A

"TAPPING" INTO RAGE
Jennifer Mullan, Psy.D.
Multipurpose Room A

10-MINUTE CORE WORKOUT
Peter Vincent, B.A.
Multipurpose Room C

BREATHE, MOVE, WRITE
EdVige Giunta, Ph.D., RYT 200
Multipurpose Room B

BODY LOVE
Alissa Koval-Dhaliwal, Ph.D.
Multipurpose Room C

STRESS RELIEF: MEDITATION
Abisola Gallagher-Hobson, Ed.D.
Multipurpose Room C

GAMING AND GAMBLING
Daniel Trolaro, M.S.
Multipurpose Room C

FREE CHAIR MASSAGES BY CAROL CRYSTAL, BA, LMT, CHHC, MMP FROM 11:00 - 3:00 PM in ROOM 217!

VISIT OUR COMMUNITY AND NJCU ORGANIZATION TABLES THROUGHOUT THE DAY!

Brought to you by the New Jersey City University Counseling Center. For more information, call us at 201-200-3165.
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