



THRIVE

365

Questions?

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 Villanova Office
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 @Villanovahealth

FALL 2021 PROGRAMS AND EVENTS

***=EVENT OR PROGRAM REQUIRES A RESERVATION. VISIT BIT.LY/THRIVE365FALL2021**

SEPTEMBER

- 8th *Where is the Love? Wednesdays with Pals for Life, 4pm, West Lounge*
- 9th *Question, Persuade, Refer (QPR) Suicide Prevention Training, 4pm**
- 15th *Where is the Love? Wednesdays with Pals for Life, 4pm, West Lounge*
- 20th *Talk to Me, I Talk Back Healthy Communication and Conflict Resolution Workshop, 6pm, Driscoll 132*
- 21st *Talk to Me, I Talk Back Healthy Communication and Conflict Resolution Virtual Workshop, 7pm, <https://villanova.zoom.us/j/96155442453>*
- 22nd *Where is the Love? Wednesdays with Pals for Life, 4pm, West Lounge*
- 23rd *Painting with POWER & University Counseling Center, 6PM **
- 24th *Lunch & Listen with Campus Ministry, 12pm**
- 26th *Inclusion Week Kick-Off Event: Mindfulness Yoga, 2pm**
- 29th *New Year, New You: Thriving, Not Just Surviving, 6:30pm, Register on Handshake*

OCTOBER

- 4th *Food & Mood More information coming soon!*
- 5th *Question, Persuade, Refer (QPR) Suicide Prevention Training, 6pm**
- 6th *Where is the Love? Wednesdays with Pals for Life, 4pm, West Lounge*
- 18th *The Science of Addiction Workshop, 4pm, Driscoll 132*
- 20th *Where is the Love? Wednesdays with Pals for Life, 4pm, West Lounge*
- 21st *Bootcamp with POWER More information coming soon!*
- 25th *One Love Escalation Workshop, 7pm Driscoll 132*

NOVEMBER AND DECEMBER

- 3rd *Where is the Love? Wednesdays with Pals for Life, 4pm, Vasey 102*
- 4th *Question, Persuade, Refer (QPR) Suicide Prevention Training, 8pm**
- 4th *Boxing and Vegan-ish Fuel, Workout and Cooking Class, 6pm**
- 10th *Where is the Love? Wednesdays with Pals for Life, 4pm, West Lounge*
- 17th *Where is the Love? Wednesdays with Pals for Life, 4pm, West Lounge*
- 18th *The Great American Smokeout More information coming soon!*
- DECEMBER 1st *Where is the Love? Wednesdays with Pals for Life, 4pm, West Lounge*
- 10th *Stress-Less Healthy Happy Hour, 4pm, Falvey 205*


SCAN ME

