

WILLIAM PATERSON UNIVERSITY

WELLNESS DAY 2024

Thursday, October 17



WELCOME ADDRESS

9:30-9:40 a.m.

Joshua Powers, Provost and Senior Vice President for Academic Affairs

Allison Boucher-Jarvis, Vice President, Human Resources

MORNING ZOOM PROGRAMS



9:45-10:30 a.m.

Mindfulness in the Workplace

Kristen Pena, LCSW and Jessica Ebegebulem, LPC, ACS LCSW
Counseling, Health and Wellness Center



10:45-11:30 a.m.

Bridging the Gap: Listening as a Superpower

David Fuentes, Associate Dean, College of Education
Elizabeth Harkins, Assistant Professor, Special Education
Myranda Louis Jean, Director, Student Diversity and Inclusion



11:45 a.m.-12:30 p.m.

The Abilities of Our Neurodivergent Students

Michela Tripodi, MA, LPC
West Bergen Mental Healthcare
Daisy Rodriguez, LCSW
Counseling, Health and Wellness Center

HEALTH FAIR | Outside University Hall* | 12:00-3:00 p.m.

St. Joseph's Wayne Medical Center

Nutritionist Referrals and Education

Dr. Victor Ukwu Dr's Corner for "Ask Questions"

Passaic County Health Department Mobile Unit

Free Health Screenings, Health Education

National Alliance on Mental Illness
Free Mental Health Resources

Bergen New Bridge Medical Center

Flu Vaccines, Mental Health Resources

Planet Fitness and much more!



FREE LUNCH

For employees at Health Fair

*RAIN LOCATION:
Inside University Hall

GET "MOVING" AND DE-STRESS PROGRAMS

10:00-10:45 a.m.

Ben Shahn, South Gallery
Gentle Yoga and Meditation
Lucia McMahon

Professor and Chair of History, Philosophy, and Liberal Studies

12:00-12:45 p.m.

Ben Shahn, South Gallery
Immersion Sound Bath
Meditation

Katherine Roman

11:00-11:45 a.m.

Ben Shahn, South Gallery
Dhrupad, The Ancient
Meditative Music of India

Payton MacDonald
Professor and Chair of Music

12:00-3:00 p.m.

Speert Garden
Lawn Games and Golf Lessons
Get golf lessons from WP Golf Coach



OTHER EVENTS

1:00-4:00 p.m. | Cheng Library
Enjoy the Relaxation Lounge

9:00 a.m.-9:00 p.m. | Sports and Recreation Center
Visit the Recreation Center to play basketball and exercise
Receive FREE employee membership