The Bolinga Black Cultural Resources Center

Presents

NATIONAL MINORITY HEALTH MONTH 2014

JUMPSTART: MIND, BODY & SOUL

Tuesday, April 1
Office Yoga
Noon
Millet Hall Atrium

Wednesday, April 2
National Start
Walking Day
12:30 PM
Campus Quad

Tuesday, April 8
As Asian Parents Age,
Asian Americans
Struggle to Obey a
Cultural Code
Noon
161 Millett Hall

Wednesday, April 9
Healthy Eating
W/ The People’s
Chef
Noon
E 163 Student Union
6 PM
Res. Community Ctr.

Thursday, April 10
Lifetime Health Fair
12-4 PM
Millet Hall Atrium

Thursday, April 17
Intro. To Yoga:
Relax, Relate,
Release
Noon
Millet Hall Atrium

Monday, April 21
Reiki: Free Your
Body of Energy
Blockages
Noon
E 163 Student Union

Tuesday, April 22
Adult Care
Noon
Student Union Atrium

Thursday, April 24
Combating Mental
Health Stigma
Noon
SU Apollo Room

All events are free and open to the public.
For more information: Call 775-5645