

# NATIONAL GRADUATE STUDENT APPRECIATION WEEK

APRIL 9-13

Graduate and Professional students: you are a vital part of our community, and this week will focus on giving back to you and your wellbeing!

**Wellness Yoga with  
Nora Hudson**

9

Learn to develop simple tools for managing stress in addition to participating in a wellness yoga class. Mats provided.

*Campanile Room, Memorial Union from 5:30-6:30 p.m.*

**Connect with a  
Graduate Faculty  
Member**

10

Get to know them. Ask about their career path and experiences. Take this opportunity to engage with a faculty member you've been wanting to get to know!

**International Student  
Wellness with  
Jason Huntley**

11

Discussion of wellness issues in the international student population.

*Gold Room, Memorial Union from 9-10 a.m.*

**Financial Next Steps  
with P.A. Doty**

Learn about the importance of retirement savings.

*Gold Room, Memorial Union from 3-4 p.m.*

**Green Dot with  
Jazzmine Brooks**

12

Learn about this new initiative changing the culture at ISU to empower all of us as bystanders that can make a difference regarding power-based violence.

*Carver 0268 from 3-4 p.m.*

**"Creating Your  
Lifestyle: A Focus on  
Holistic Wellness"**

13

**Mental and Emotional Wellbeing  
with Kate Van Pay**

This workshop is all about taking time for you; encouraging balance and self-care to aid in your success.

*Carver 0202 from 9-10:50 a.m.*

Scan to register  
for events!



Sponsored by Graduate & Professional Student Senate, Graduate College, Student Health & Wellness, and the Division of Student Affairs