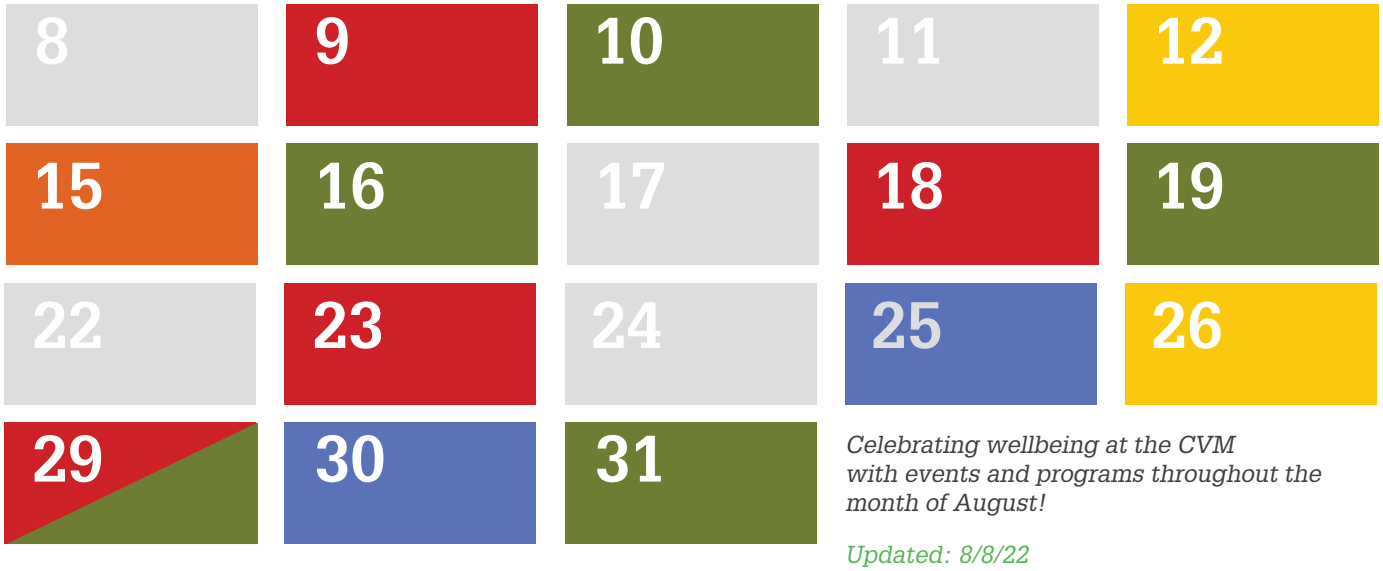
August 2022 at the CVM is

Wellbeing Month!



Celebrating wellbeing at the CVM with events and programs throughout the month of August!

Updated: 8/8/22

About the Programs:

Meet and Greet: **NC State Wolfpack Wellness**
Tues. August 9 | 12:00-1:00 | Under the Tent @ CVM
Wolfpack Wellness supports and promotes the overall wellbeing of NC State students, staff and faculty through programs, events, services, resources, and collaborations. Stop by to learn more about wellness offerings and pick up your very own Wellness Packs.

Meet and Greet: **CVM Academy of Educators**
Wed. August 10 | 12:00-1:00 | Under the Tent @ CVM
The Academy of Educators (AOE) nurtures the growth of a skilled, knowledgeable, innovative, and mutually supportive community of educators at the CVM. Meet Director Jesse Watson, learn more about the AoE and its work, and how you can get involved!

Grab a Treat: **Fruit For All Fridays!**
Fri, Aug 12 & 26 | 2:00-Until it's Gone | Throughout the CVM
Wellbeing Director Julia Rice will travel the halls with a cart full of FREE fresh grab-and-go fruit for the CVM Community! Keep an eye out for e-updates and be ready to say hi and grab an afternoon treat!

Center Yourself: **Happy Hour Yoga**
Mon, Aug 15 | 5:30-6:30 pm | Library Conference Rm A101
Wrap up the beginning of your week with free yoga! This class is BYOM (bring your own mat) and pre-registration is required. See QR code below for more info and to sign up!

Meet and Greet: **CVM Counseling Services**
Tues. August 16 | 12:00-1:00 | Wolves' Den Cafeteria
The CVM Office of Counseling Services provides individual and group counseling to students and house officers at the CVM. Come get to know our counselors and learn more about their services!

Meet and Greet: **NC State Dining and Nutrition**
Thu. August 18 | 12:00-1:00 | Wolves' Den Cafeteria
NC State's award-winning nutrition team is dedicated to making sure you have a fresh and healthy experience when you eat with the Pack. Come by and connect with Lauren Smith, NC State Dining's Director of Nutrition and Wellness and learn more about nutrition at NC State!

Meet & Greet:
CVM Office of Personal Financial Services
Fri. Aug 19 | 12:00-1:00 | Wolves' Den Cafeteria
CVM's Office of Personal Financial Services equips students with tools they need to be successful during and after veterinary school. Students and house officers can connect with the Director of Personal Finance and Financial Literacy, Andrew Rotz and learn more about available resources, programming and guidance!

Meet and Greet:
NC State Recovery Team
Tue. August 23 | 12:00-1:00 | Wolves' Den Cafeteria
NC State supports a caring community that is informed, engaged, and productive through innovative programs and resources aimed at reducing the potential unwanted results of substance misuse. Visit with NC State's Collegiate Recovery staff (Laurie Capps Bolster and Jeff Fay) to learn more about Pack Recovery, harm reduction related to alcohol and other drugs, and other resources available on campus.

Rest and Relax: **Chair Massage Middays!**
Thu. Aug 25 & Tue. Aug 30 | 11 am-2pm | Library Rm A101
Relax for a bit with a free 15-minute chair massage provided by a licensed massage therapist! Spots are limited, and pre-registration is required. See QR code below for more info and to sign up!

Meet and Greet:
NC State GLBT Center / CVM LGBTQIA+ Connection
Mon. August 29 | 12:00-1:00 | Wolves' Den Cafeteria
Connect with staff from the GLBT Center, members of CVM's LGBTQIA Community, and allies! Learn about resources and opportunities on campus and locally.

Meet and Greet: **CVM Human Resources Team**
Wed. August 31 | 12:00-1:00 | Wolve's Den Cafeteria
Meet the CVM Human Resources Team! They'll share a range of benefits and perks available to employees, as well as college-wide Community and Culture programs that support worklife wellbeing for all at the CVM!

Scan this QR Code
for information and registration links
or visit: wellbeing.cvm.ncsu.edu/august22/
Questions? Contact Julia Rice, Director of Wellbeing: jcrice3@ncsu.edu