



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p><b>WCM Swim Club Meetup</b> 8am, Asphalt Green</p> <p><b>Yoga</b> 6pm, Olin Lounge</p> <p><b>GSEC Volleyball</b> 4pm – 7pm, Olin Gym</p>	<p>2</p> <p><b>Yoga</b> 6pm, Olin Lounge</p> <p><b>WCM Christians In Medicine</b> 7:45pm, PBL B</p> <p><b>GSEC Badminton</b> 7pm, Olin Gym</p> <p><b>GSEC Soccer</b> 9pm, Olin Gym</p>	<p>3</p> <p><b>Capoeira</b> 7:30pm, Olin Gym</p>	<p>4</p> <p><b>Wellness Muffins</b> 7am &amp; 9:30am Archbold Commons</p> <p><b>PAWS</b> 6pm – 9pm, Belfer Room 212</p>	<p>5</p> <p><b>Student Social Hour</b> 6pm, Belfer First Floor</p> <p><b>PAWS</b> 6 – 9pm, Belfer Rm 212</p> <p><b>GSEC Badminton</b> 7 – 9pm, Olin Gym</p> <p><b>GSEC Soccer</b> 9pm – Olin Gym</p>	<p>6</p>	<p>7</p> <p><b>Capoeira</b> 12:30pm, Olin Gym</p>
<p>8</p> <p><b>Yoga</b> 6pm, Olin Lounge</p> <p><b>GSEC Volleyball</b> 4pm – 7pm, Olin Gym</p>	<p>9</p> <p><b>Yoga</b> 6pm Olin Lounge</p> <p><b>Weill at Weill Sleep Health</b> 6pm, WGC, Room A</p> <p><b>GSEC Soccer</b> 9pm – Olin Gym</p>	<p>10</p> <p><b>Capoeira</b> 7:30pm, Olin Gym</p>	<p>11</p> <p><b>Wellness Muffins</b> 7am &amp; 9:30am Archbold Commons</p> <p><b>PAWS</b> 6pm – 9pm, Belfer Room 212</p>	<p>12</p> <p><b>PAWS</b> 6 – 9pm, Belfer Rm 212</p> <p><b>Pilates</b> 6pm, Olin Student Lounge</p> <p><b>GSEC Badminton</b> 7 – 9pm, Olin Gym</p> <p><b>GSEC Soccer</b> 9pm – Olin Gym</p>	<p>13</p>	<p>14</p> <p><b>Capoeira</b> 12:30pm, Olin Gym</p>
<p>15</p> <p><b>WCM Swim Club Meetup</b> 8am, Asphalt Green</p> <p><b>Yoga</b> 6pm, Olin Lounge</p> <p><b>GSEC Volleyball</b> 4pm – 7pm, Olin Gym</p>	<p>16</p> <p><b>Well at Weill Meditation</b> 6pm, Olin Student Lounge</p> <p><b>Yoga</b> 7pm Olin Lounge</p> <p><b>WCM Christians In Medicine</b> 7pm, PBL B</p> <p><b>GSEC Soccer</b> 9pm – Olin Gym</p>	<p>17</p> <p><b>Capoeira</b> 7:30pm, Olin Gym</p>	<p>18</p> <p><b>Wellness Muffins</b> 7am &amp; 9:30am Archbold Commons</p> <p><b>PAWS</b> 6pm – 9pm, Belfer Room 212</p>	<p>19</p> <p><b>Student Social Hour</b> 6pm, Belfer First Floor</p> <p><b>PAWS</b> 6 – 9pm, Belfer Rm 212</p> <p><b>GSEC Badminton</b> 7 – 9pm, Olin Gym</p> <p><b>GSEC Soccer</b> 9pm – Olin Gym</p>	<p>20</p>	<p>21</p> <p><b>Capoeira</b> 12:30pm, Olin Gym</p>
<p>22/29</p> <p><b>Yoga</b> 6pm, Olin Lounge</p> <p><b>GSEC Volleyball</b> 4pm – 7pm, Olin Gym</p>	<p>23/30</p> <p><b>Yoga</b> 6pm Olin Lounge</p> <p><b>WCM Christians In Medicine</b> 7pm, PBL B</p> <p><b>GSEC Soccer</b> 9pm – Olin Gym</p>	<p>24</p> <p><b>Capoeira</b> 7:30pm, Olin Gym</p>	<p>25</p> <p><b>Wellness Muffins</b> 7am &amp; 9:30am Archbold Commons</p> <p><b>PAWS</b> 6pm – 9pm, Belfer Room 212</p>	<p>26</p> <p><b>Pilates</b> 6pm Olin Student Lounge</p>	<p>27</p>	<p>28</p>



## News & Updates

### **April 9 - Well at Weill**

Sleep Health with Dr. Dianne Augelli  
6pm at Weill Greenberg Center  
Food and Refreshments will be served

### **April 16 - Well at Weill**

Meditation:  
A Weill Cornell Alumni's Perspective  
6pm – Olin Student Lounge  
Food and Refreshments will be served

### **April 25 – Wellness Workshop**

A workshop on how to make time for your wellness when there isn't enough time in the day

# Well at Weill

## Wellness Tip of the Month

April 16 is Stress Awareness Day

### **THRIVE NYC's - 9 Ways to Have Less Stress In Under a Minute!**

#### **1. Breathe**

- |                        |                                    |
|------------------------|------------------------------------|
| 2. Smile!!             | 6. Shrug your shoulders & release! |
| 3. Relax your mouth    | 7. Exercise                        |
| 4. Laugh!              | 8. Peel an orange!                 |
| 5. Give yourself a hug | 9. Say Thank you.                  |

## Wellness Advocates

Have an idea for wellness?  
Contact the wellness advocates!

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