



the wellness hub

ENRICHING ACADEMIC-LIFE BALANCE

The UMB Wellness Hub exists to affirm the role of wellness in advancing students' growth and development to ensure that they flourish academically, professionally, and personally. The Wellness Hub supports University of Maryland, Baltimore students through a variety of interdisciplinary workshops and lectures held in the SMC Campus Center. Our mission is to assist students in achieving a state of self-awareness and academic-life balance within the dimensions of physical, emotional, social, cultural, spiritual, ethical, intellectual, environmental, and financial wellness. Since 2010, the Wellness Hub has supported over 150 programs and several one-on-one services for the UMB student community, by tailoring our programs and services to meet the unique needs of graduate and professional students.

WELLNESS WORKSHOPS

Wellness Hub workshops foster healthy habits around time management, goal development, and other life skills to help graduate and professional students advance their interests and balance the demands of academics with their personal lives.

DROP-IN MINDFULNESS MEDITATION SESSIONS

Join us on the first Friday of each month from 12:30 - 1 p.m. for a drop-in meditation session. Setting aside regular time to quiet your mind helps reduce stress and improve well-being. No meditation experience necessary.
First Friday of every month 12:30 - 1 p.m. | SMC CC, Room 311

NEW FOR 2017-2018:

Healthy Meal Planning for the Busy Student
Cultural Café
Refresh with Yogic Sleep
Relationship Series: Partner Massage Techniques
To Thy Self Be True: Self Image and Social Media
Meals in Five Ingredients or Less
Acupressure and Reiki Sessions
Kindness Initiative: Teacher Appreciation
...and more

WELLNESS 'ON THE GO' WORKSHOPS

The wellness hub offers a variety of workshops "on the go". To request a presentation at your school or department, contact [michelle.peralta](mailto:michelle.peralta@umaryland.edu) or visit umaryland.edu/wellness/on-the-go.

WORKSHOPS OFFERED FOR 2017-2018

- Introduction to Mindfulness and Meditation
- Study Break! Calming the Anxious Mind
- Self-Care for Test Anxiety
- Achieving Personal Goals
- Achieving School-Life Balance and Beyond
- Body Weight Boot Camp

OTHER OFFERINGS

For more information, please visit our website at www.umaryland.edu/wellness

- Stressbusters
- Academic Coaching
- Lactation Centers
- Relaxation Zone



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STUDY BREAK! FOUR-WEEK WELLNESS SERIES

This academic year, the Wellness Hub is launching Four-Week Wellness Courses that provide intensive opportunities to learn skills in stress reduction and improve well-being. A four-week commitment is required. Limited space available!

YOGA FOR FOCUS AND PRODUCTIVITY

Test anxiety is quite common among students of all levels of study and can negatively impact even the best student. Connect to your breath, reduce and stress and anxiety with "study" yoga and other techniques. In this 4-week series, we will practice using tools to focus and realign as you study for midterms. Learn to control stress, even as you are experiencing it. Let's get rid of those testing butterflies in your stomach!

Mondays, Oct. 2 – 30, 2017 | 1:15 – 2:15 p.m. | SMC Room 353

CALMING YOUR ANXIOUS MIND

Reduce stress and anxiety with "study" techniques. In this 3-week series, we will practice on using tools to de-stress in our most stressful time of the year - FINALS! Through mindfulness, you can cope more effectively with anxiety-provoking and stressful situations and enhance physical, emotional, and social wellbeing.

Thursdays, Nov. 29 – Dec. 14, 2017 | 5:15 – 6:15 p.m.
SMC Room 353

STRESS REDUCTION AND SELF-CARE

Stressed to the max? Give yourself some self-love in this 4-week series. We will explore the connection between our minds, bodies, and spirits, and how to use this connection to facilitate stress reduction and well-being. Ample time will be given to practice tools and skills in our sessions. Limited space available.

Mondays, Febr. 5 – 26, 2018 | 1:15 – 2:15 p.m. | SMC Room 353

YOGA FOR CLARITY AND CONCENTRATION

Test anxiety is quite common among students of all levels of study and can negatively impact even the best student. Connect to your breath and get clarity in "study" yoga. In this 4-week series, we will focus on using yoga and meditation to realign as you study for finals. We will practice using tools to de-stress during our most stressful time of the year - FINALS!

Thursdays, April 5 – 26, 2018 | 5:15 – 6:15 p.m.
SMC Room 353

CONTACT US

WELLNESS HUB

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