

Fall Social & Wellness Calendar

Events exclusively for students in MAPSS, CIR and Computation in SSD

2018 Comer 5K Race for the Kids
Sunday, October 14, 2018, 8:15AM-10:15AM
Check-in at 5730 S. Woodlawn Student Lounge at 7:45AM

Get to know the UChicago campus and meet other students, while exercise for an important cause! The chip-timed, CARA-certified 5K Run/Walk is a highlight of the Chicago running calendar and a wonderful event for all fitness levels. You can walk, jog or run your way to the finish. Our team will meet for a group photo and check-in the morning of race day! All participants will also receive a free t-shirt! PLEASE RSVP to attend - bit.ly/2QNbwhX

Haunted Bike Hike
Friday, October 19, 2018, 5:30PM-9:30PM
Departing 5730 S. Woodlawn Lounge at 5:30PM by Bus

We'll ride through the near north side of the lakefront with a private tour guide sharing some of Chicago's most frightening stories and haunts! The tour will occur rain or shine. Ponchos will be provided in case of rain. A \$10 deposit will be required to reserve a space. Includes bicycle, helmet and a guaranteed scary time!
PLEASE RSVP to attend - bit.ly/2QWwWET

Time & Stress Management Workshop - Life and Work Balance
Thursday, October 25, 2018, 11:00AM-12:00PM - Saieh 102

Want to get a head start on managing the stresses of your academic program and develop habits for a greater life-balance? Our partners at the department of Health, Promotion and Wellness will be conducting a workshop exclusively for you. Learn how to identify high stress symptoms, get strategies and tools for managing stress in a healthy way, and become more effective at working through high stress situations. A Free Lunch will be provided for all attendees.
PLEASE RSVP to attend - bit.ly/2MWwvMa

Midterm Stress Relief Break
Tuesday, October 30, 2018, 10:00AM-2:00PM
5730 S. Woodlawn Student Lounge

A drop-in event focused on fun and taking a much needed break. Get a free tension relieving back massage by a professional massage therapist. Recharge with snacks and beverages. Relax your mind at the Arts and Kinetics Station. Get creative for fall and paint a pumpkin to take home. Grab giveaways and tons of information about on-campus resources, too.
PLEASE RSVP to help plan for food ordering - bit.ly/2ONsevZ

Mindful Movement: Restore, Recharge, Relax for Midterms
Tuesday, November 6, 2018, 10:30AM-11:30AM
5730 S. Woodlawn Student Lounge

Designed to promote relaxation of both the mind and body, this drop-in session will include a series of gentle, restorative postures that facilitate focused breathing and enable participants to draw their attention inward. We will focus on simple poses and movement to and cultivate mindfulness-based approaches to contending with the typical mind-body stresses of student life. All bodies, of all abilities are welcome. Come as you are!
RSVP or drop in! - bit.ly/2PZrww1

Stress-Busting Drawing Workshop with Hyde Park Arts Center
Wednesday, November 14, 2018, 12:00PM-1:00PM
5730 S. Woodlawn Student Lounge

Every quarter the Hyde Park Arts Center will lead a workshop in a new arts medium threaded together with the ideas of Perception and Presentation. Join us for the first workshop in the series using drawing as the medium to explore these topics in a stress relief environment. No arts talents or experience needed. Come to have fun! Awesome snacks will be provided.

PLEASE RSVP to attend - bit.ly/2ptMjwi

Mindfulness Meditation Workshop
Thursday, November 29, 2018, 11:00AM-12:00PM
Saieh 102

In this workshop, students will learn the fundamentals of Mindfulness Meditation as well as the benefits and research behind why this practice is helpful for students. Get more information about the free KORU Mindfulness Meditation offered on campus and run through brief exercises you can practice anytime. A Free Lunch will be provided for all attendees.
PLEASE RSVP to attend - bit.ly/2NyCETO

Mindful Movement: Restore, Recharge, Relax for Finals
Tuesday, December 4, 2018, 10:30AM-11:30AM
Community Lounge, 5710 S. Woodlawn

Designed to promote relaxation of both the mind and body, this drop-in session will include a series of gentle, restorative postures that facilitate focused breathing and enable participants to draw their attention inward. We will focus on simple poses and movement to and cultivate mindfulness-based approaches to contending with the typical mind-body stresses of student life. All bodies, of all abilities are welcome. Come as you are!
RSVP or drop in! - bit.ly/2ptKMq2

Museum of Science and Industry Outing featuring Christmas Around the World Exhibit
Wednesday, December 19, 2018, 1:00PM-4:30PM

Departing 5730 S. Woodlawn Student Lounge at 1:00PM

If you are sticking around Hyde Park over the break, come join us for a trip over to the Museum of Science and Industry, only a few blocks away from campus! Bring your student ID for free admission. The visit will include the Christmas Around the World Exhibit, featuring cultural celebrations and holiday traditions from around the world. We will depart together from the student lounge for a 2-hour museum stay and then warm up with refreshments at Fabiana's Bakery on 53rd Street.
PLEASE RSVP to attend - bit.ly/2QRJku6

COMMITTEE
ON
INTERNATIONAL
RELATIONS

MASTERS IN
COMPUTATIONAL
SOCIAL SCIENCE

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