



The Commission on the Status of Women  
Health & Wellness Committee Presents:

# WELLNESS WEEK

*Summer is the perfect time to center your health and wellness goals.  
Join us as we host a week of health-minded events to get your  
summer off to a great start.*

**JUNE 21 | NOON - 1 P.M.**

## **EMOTIONAL WELLNESS-POST PANDEMIC**

There is light at the end of the COVID-19 tunnel. We are returning to a new normal, one that has been impacted by a year plus of much uncertainty, disruption, loss and more. It is hard to deny the emotional toll these times have had on us, and perhaps the apprehension we are feeling about moving forward post pandemic. We have invited our Ulliance partners to join us in a discussion of how we move forward and regain some normalcy in our lives and workplace. Presented by Amy Freedman, MSW, SHRM-CP, WSU Account Director, Ulliance.

**JUNE 23 | 11:00 A.M. - 11:45 A.M.**

## **MINDFULNESS**

Join COSW and Dr. Angela Fedewa, PhD, LP, University Counselor II, Counseling and Psychological Services (CAPS), in exploring mindfulness techniques.

**JUNE 23 | NOON - 1 P.M.**

## **WSU HAS A WELLNESS WARRIORS PROGRAM?**

In this one hour session, the Wellness Warrior team will be describing the offerings that are available to all eligible employees. This is a great opportunity to better understand your wellness benefits!

Follow COSW on [Facebook](#) and [Instagram](#) for mental health tips, recipes, and other resources throughout the week!