<table>
<thead>
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<th>Mondays</th>
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| **Power Lunch Sessions**  
(Men’s Group)  
1:00 pm - 2:15 pm  
The Power Lunch group is a lunchtime meeting to discuss contemporary topics related to male identity. Examples of topics we will explore include body image, communication styles, relationship issues, emotional expression (or lack thereof), career concerns, and generally, the pressures associated with being a male in today’s society. Bring your lunch and let’s talk. |

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<th>Tuesdays</th>
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| **Eating Disorder Recovery Group**  
9:30 am - 11:00 am  
This group is for students in recovery from anorexia, bulimia, or binge eating disorder. The group encourages introspection through mindfulness and yoga and offers psychoeducation and peer support for sustained recovery from eating disorders. |

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<th>Wednesdays</th>
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| **Distress Tolerance Skills Group**  
3:30 pm - 5:00 pm  
Because pain and distress are a part of life that everyone will experience, this group focuses on building skills for accepting, finding meaning for and tolerating distress skillfully. Both undergraduate and graduate students are eligible to participate. |

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<th>Thursdays</th>
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| **Mindful Awareness Group**  
3:30 pm - 4:45 pm  
A 4-week group beginning Oct. 19  
An introduction to mindfulness for graduate and undergraduate students. In this structured group, you will learn about mindfulness and how to better manage stress and anxiety. Each class will have the same format of opening practice, check-in, skill training and closing. No prior experience necessary. |

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<th>Fridays</th>
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| **International Tea Time**  
3:30 pm - 4:30 pm  
This group is for both undergraduate and graduate international students to gather and share their experiences with one another. Topics we discuss will include adjustment to life in the United States, cultural differences, academic and relationship stress, and more! No RSVP required... just drop by when you can. Tea and light snacks will be provided! |
and more!

Rock Climbing
Henna
Food Games
Massage
Coloring Pupils
Photo Booth

Featuring:

Center for Fitness & Wellbeing
Reynolds Gym
September 29 | 3-5 PM

Come Arrive & Thrive:
Celebrating Reynolds
NEW SERVICES

MASSAGE THERAPY

Enhance your wellbeing through physical and mental relaxation. Book an appointment with one of our licensed massage therapists to help you de-stress and unwind, or for pain relief.

- Located in the Office of Wellbeing suite in Reynolds Gym - Center for Fitness & Wellbeing
- Available to WFU students, faculty, and staff
- $50 for a one-hour session
- Get more information and sign up online at http://thrive.wfu.edu/services/massage-therapy/

WELLBEING COACHING

Work with a certified coach to identify professional or personal goals around any of the eight dimensions of wellbeing. Develop action plans to achieve your goals and measure your progress.

- Located in the Office of Wellbeing suite in Reynolds Gym - Center for Fitness & Wellbeing
- Available to WFU students, faculty, and staff
- Completely FREE
- Get more information and sign up online at http://thrive.wfu.edu/services/wellbeing-coaching/