



# LIVING WELL @ THE BEACH

Health & Safety Week, October 17-21, 2016

## SCHEDULE OF EVENTS

### Monday 10/17 - Information Fair

11:00am – 2:00pm	Information Fair	@ Speaker's Platform
9:00am – 2:00pm	Flu Shots (FREE)	@ Bookstore Vending Area

### Tuesday 10/18 - Day of Safety

10:15am - 11:00am	Active Shooter Workshop	@ Alamitos Bay I & II
11:15am – 12:00pm	Active Shooter Demonstration	@ Alamitos Bay I & II
12:00pm - 12:45pm	Emergency Preparedness & Bingo	@ Alamitos Bay I & II

### Wednesday 10/19 - Day of Wellness

9:00am – 11:00am	Coffee with a Cop	@ Beach Circle
11:00am - 1:00pm	Free Pizza Lunch with Campus Police	@ Beach Circle
12:30pm – 1:30pm	SHS Wellness Wednesday	
	"Connected? But Feel Disconnected?"	@ USU - 305
12:00pm - 1:00pm	Red Zone - 365 Support: Assault Awareness	@ Alamitos Bay I & II
1:00pm - 2:00pm	Red Zone - 365 Support: Assault Awareness	@ Alamitos Bay I & II
5:00pm - 7:00pm	Light the Night with Hope: Suicide Awareness	@ Maxson Plaza
5:00pm - 7:00pm	Cora: Filming Screening including Q&A with Director	@ USU Beach Auditorium

### Thursday 10/20 - Day of Health

10:20am	The Great Shakeout	@ Campus Wide
11:30am – 1:00pm	Move for a Mile	@ Student Rec. & Wellness Center
12:30pm – 1:00pm	Stress Less Workshop	@ SHS - 118

### Friday 10/21 - Day for Staff & Faculty

12:00pm – 1:00pm	Brown Bag Lunch & Work Life Balance Workshop	@ Anatol Center
------------------	---	-----------------



More events on-line:

[www.csulb.edu/livingwell](http://www.csulb.edu/livingwell)

on-line registration preferred, walk-ins welcomed