



THE STAFF

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SELF-CARE WELLNESS WORKSHOP SERIES

Student Health Services is happy to introduce the Self-Care Wellness Workshop Series to the student body of Geisinger Commonwealth School of Medicine. This workshop series will occur from **Noon-1 p.m.** every second Thursday of the month during the 2019-2020 academic year. Additionally, the series will be recorded and made available to regional campus students via the student health website and the PIF page in CANVAS. Light refreshments and snacks will be provided.

Date	Topic	Presenter	Room
Aug. 8	Self-Care & Overview of Series	Michelle L. Ostroski, MSW, LSW Kyle Strobel, MS, NCC, LPC	4011
Sept. 12	MBSR & Mindfulness	Ricardo Horn, MSW, LSW	4011
Oct. 10	Healthy Boundaries	Dr. Diana Hoffman, MA	2045
Nov. 14	Nutrition	Jordan Galasso, CPT, Certified Nutrition Expert	4011
Dec. 12	Substance Use Prevention	Kyle Strobel, MS, NCC, LPC	4011
Jan. 9	Healthy Recreation	Lori Pilosi	4011
Feb. 13	Reducing Negative Core Beliefs	Paul Janeski, MS, LPC, CRC	4011
March 12	Sleep Hygiene	Sarah Miraglia, CHES	4011
April 9	TBD	TBD	4011

UPDATES

- Fresh fruit is now available in the Food Pantry! The Food Pantry, sponsored by the First Generation & Ally Student Support Committee, is located in Student Health Services, 1062 W.

Please call or stop in the office if interested in services ▶ ▶ ▶

Student Health Services

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570-558-4290

Office Hours: M-F 8 a.m.-4:30 p.m.
<https://www.geisinger.edu/education/student-life/student-health-services>