The “Me Too” Movement and Women’s Empowerment
Presented By
CARMEN PEREZ
Co-Chair of the Women’s March on Washington

Join us for the Big Event
A full day of service to benefit the community!

The end is coming...
Get on the path to well-being now!

Fitbit Raffle!
Attend programs for chances to win a Fitbit!
More info inside.
Write a letter to your future self that will be mailed to you in exactly one year. Share how awesome this year has been, what goals you’ve accomplished, and where you see yourself in a year.

Midterm season is in the air, and what’s a better way to relax, combat stress, and improve concentration than with meditation? Learn what meditation is and how it benefits your well-being!

**Monday, April 1st**

**Show Me the Receipts** – Residential Life
7:00 PM – 8:00 PM
State Quad Penthouse

Learn the benefits of foam rolling and how a deep stretch may help you relax for finals. Techniques using the foam roller will be demonstrated.

**Foam Rolling** – Campus Recreation
9:30 PM – 10:30 PM
P.E. Group Exercise Studio

Learn interesting facts about sleep and optimal sleep practices. Identify roadblocks to getting the quality or quantity of sleep you need, and create your plan to begin to overcome these roadblocks with feedback from CAPS staff and group members. For more information or to sign up, please contact (518)442-5800 or consultation@albany.edu

**Tuesday, April 2nd**

**Better Sleep, Better Lives** – Counseling & Psychological Services
1:15 PM – 2:30 PM
CAPS Conference Room

Midterm season is in the air, and what’s a better way to relax, combat stress, and improve concentration than with meditation? Learn what meditation is and how it benefits your well-being!

**Featured Event**

**Keynote: The “Me Too” Movement and Women’s Empowerment**
8:00 PM
Campus Center Auditorium

CARMEN PEREZ
Co-Chair of the Women’s March on Washington.
Reception to follow presentation.
(See opposite page for details)

**Introduction to Meditation** – Campus Recreation
9:30 PM- 10:30 PM
P.E. Group Exercise Studio

**Co-Chair of the Women’s March on Washington.**

Reception to follow presentation.
(See opposite page for details)
Well-Being Week Keynote Speaker:

CARMEN PEREZ

The “Me Too” Movement and Women’s Empowerment

Presented By

CARMEN PEREZ
Co-Chair of the Women’s March on Washington

Tuesday, April 2\textsuperscript{nd}
8:00 PM

Campus Center Auditorium,
Campus Center West, Ground Level
University at Albany

Reception and Autograph Session to follow
Great Hall, Campus Center West

As the executive director of The Gathering for Justice, Carmen has crossed the globe promoting peace through civil and human rights, building alternatives to incarceration and violence, and providing commentary and guidance for state and federal policy creation. As national co-chair of the Women’s March on Washington, she helped create the biggest global protest ever, with more than five million marching in resistance of hatred and bigotry, affirming women of all identities’ rights as human beings.

A renaissance woman of modern-day activism and one of TIME’s “Most Influential People” (2017), Carmen engages audiences in a dialogue on vital civil rights issues, including mass and child incarceration, juvenile and criminal justice reform, gender equity, violence prevention, racial healing, and community policing. She equips audiences with tools and insights that inspire civic engagement and political activism and help bring justice and bold policy change to communities.

“Your Student Activity Fee at Work”
Come out and enjoy meeting new people and making new friendships, all while connecting to your inner self through exciting, upbeat hip hop music.

**Veg Out** – UAlbany Dining & Nutritional Services

1:30 PM – 2:30 PM
Campus Center Food Court

Learn to incorporate healthful ways of feeding yourself on campus by learning about plant-based food offerings in UAlbany dining programs.

**Trap Yoga** – Residential Life

7:00 PM – 8:00 PM
Indian Quad Sky Lounge

Come out and enjoy meeting new people and making new friendships, all while connecting to your inner self through exciting, upbeat hip hop music.

### Featured Event

**Talk, Test, and Treat Me Right Night** – Project SHAPE

7:30 PM- 10:00 PM
CC Assembly Hall

Come join Project SHAPE for a fun evening designed to empower students to take charge of their sexual health and focus on communication, safer sex practices, and, of course, pleasure! Stop in and learn more about how to enhance your sexual health and satisfaction through campus and community resources. We will have a free ice cream sundae bar, condoms and other giveaways, and multiple opportunities to win sexual health-related prizes throughout the night.

### Fitbit Raffle!

Look for the Fitbit Raffle QR code at each event during Well-Being Week. The more you attend, the more chances you have!

Four winners will be drawn at the end of Well-Being-Week!
Featured Event

FREE
HIV & Hepatitis C Rapid Testing

PROJECT SHAPE PRESENTS
TALK, TEST, AND TREAT ME RIGHT

A NIGHT OF
• ice cream
• giveaways
• condoms
• music
• craft tables
• activity stations
• and MORE

Wednesday, April 3rd
CC Assembly Hall
7:30 PM
Your Student Activity Fee at Work!
Thursday, April 4th

Veg Out – UAlbany Dining & Nutritional Services  
1:30 PM – 2:30 PM  
Campus Center Food Court

Learn to incorporate healthful ways of feeding yourself on campus by learning about plant-based food offerings in UAlbany dining programs.

Glow: Pose & Compose – Campus Recreation  
9:30 PM - 10:45 PM  
P.E. Group Exercise Studio

Create a glow-in-the-dark t-shirt that inspires your inner yogi and put it to the test during our strong Vinyasa class immediately following. T-shirts & paint provided!

Friday, April 5th

Stress Less – Counseling & Psychological Services  
1:30 PM – 2:30 PM  
Campus Center Food Court

Feeling overwhelmed? We’ve all been there… Learn practical ways to reduce and prevent stress in a supportive group environment. For more information or to sign up, please contact (518)442-5800 or consultation@albany.edu

Our Partners and Sponsors
Saturday, April 6th
Featured Event

UALBANY'S BIG EVENT
APRIL 6TH 11AM - 6PM

UALBANY STUDENTS, FACULTY, STAFF, ALUMNI AND FRIENDS WILL FAN OUT ACROSS THE CAPITAL REGION FOR A FULL DAY OF SERVICE TO BENEFIT THE COMMUNITY

LAST YEAR

1,700
5,442

STUDENTS, FACULTY, STAFF AND ALUMNI COMPLETE OVER COMMUNITY SERVICE HOURS IN ONE DAY
CREATING AN IMPACT VALUE OF

$145,246.98

STUDIES SHOW THAT COMMUNITY SERVICE MAKES US FEEL HEALTHIER, HAPPIER AND MORE CONNECTED TO THE COMMUNITY THAT SURROUNDS US, LOG ONTO ALBANY.EDU/BIGEVENT TO GET INVOLVED!
UAlbany WAY (Well-being And You) is your helpful guide for navigating health and wellness during your time at UAlbany.

Guided by research in a number of fields like psychology, fitness, nutrition, and education, the UAlbany WAY helps you find on-campus offerings that will improve your sense of well-being.

We have identified 5 paths on the WAY:

- Mindset
- Connection
- Mastery
- Movement
- Meaning

This week is just a taste of what’s to come. Keep an eye out in the Fall for more on this exciting new initiative.