



culture of health

Spring 2023

Open to all UNC Gillings students, faculty, and staff!

Mindful Meditation Tuesdays at Gillings

- 10:00 AM - 2304 McGavran-Greenberg (15 minutes)

Walking Group Thursdays at Gillings

- 2:30 PM (30 minutes) - Meet at the Pittsboro St. entrance to McGavran-Greenberg
- Or...organize your own!

Gentle Yoga Thursdays at Gillings

- 11:00 AM - 2304 McGavran-Greenberg (30 minutes)
- 5:15 PM - 0003 Michael Hooker Research Center (45 minutes)

Gentle Yoga Virtual Sessions (open to all UNC affiliates)

- Mondays - Noon (30 minutes) - contact rhoda_cerny@unc.edu
- Wednesdays - 5:15 PM (45 minutes) - contact rhoda_cerny@unc.edu

Join the Microsoft Team to view Wellness Resources and Event Announcements!
Contact: cultureofhealth@unc.edu

