

Cook Children's University: Self-Care Classes for Well-being Month

LEADERS

August 2024	CCU	Time	LEADERS (Facilitator: Cameron Brown)	Location
SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	8/6	1:30-3:00	Health and Stress Management: Making the Connection (classroom)	PAV 1
	8/8	1:30-2:30	Vitamin Zzzz: Getting the Rest You Need (classroom)	PAV 1
	8/14	1:30-3:00	Health and Stress Management: Making the Connection (virtual)	Virtual
	8/15	12:00-1:00	Vitamin Zzzz: Getting the Rest You Need (virtual)	Virtual
	8/20	1:30-3:00	Health and Stress Management: Emotions and Well-being (classroom)	PAV 1
	8/22	1:30-2:30	Vitamin Zzzz: Getting the Rest You Need (classroom)	PAV 1
	8/27	1:30-3:00	Health and Stress Management: Emotions and Well-being (virtual)	Virtual
	8/30	12:00-1:00	Vitamin Zzzz: Getting the Rest You Need (virtual)	Virtual

STAFF

August 2024	Healthy Me	Time	STAFF	Location
SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	8/6	11:30-12:30	Nicole Porter Seminar: Let's Talk About Stress	Virtual
	8/13	11:30-12:30	Nicole Porter Seminar: The Perfection Paradox	Virtual
	8/20	11:30-12:30	Nicole Porter Seminar: Train Your Brain for Habit Change	Virtual
	8/21	11:30-12:30	Healthy Me Lunch & Learn: Stay Motivated/Leverage Your Super Power	Virtual
	8/27	11:30-12:30	Nicole Porter Seminar: The Power of Purpose	Virtual
	8/29	9:00-10:00	Fidelity: Organize, Plan, and Own Your Future	Virtual
	8/29	3:00-4:00	Fidelity: Organize, Plan, and Own Your Future	Virtual

STAFF

August 2024	CCU	Time	STAFF (Facilitator: Elaina Warren)	Location
SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	8/8	11:00-12:00	Vitamin BE: Using Mindfulness and Responding to the Present Moment	Virtual
	8/14	4:00-5:00	Vitamin BE: Using Mindfulness and Responding to the Present Moment	Virtual
	8/19	11:00-12:00	Vitamin BE: Using Mindfulness and Responding to the Present Moment	Virtual
	8/28	3:00-4:00	Vitamin BE: Using Mindfulness and Responding to the Present Moment	Virtual

****Visit the [Well-Being Month](#) page on the new CookNet for links to register for classes.****