31 days of Wellness Challenge - Call for Programs and Collaboration

During the month of May, Cal Poly Campus Health & Wellbeing is hosting a “31 days of Wellness” challenge for students, staff and faculty. We are looking for campus and community partners interested in hosting, collaborating or sponsoring programming for the month of May.

The goal of our 31 days of Wellness Challenge is to engage the campus community in passive and proactive opportunities to improve the health and wellbeing of our students, staff and faculty.

Wellness Themes:
Week 1 | May 1 - 5: Community Wellness
Week 2 | May 8 - 12: Physical Health & Wellness
Week 3 | May 15 - 19: Mental & Emotional Resilience
Week 4 | May 22 - 26: Professional & Career Development
Week 5 | May 29 - May 31: Social Wellbeing

Examples of passive Wellness Challenges:
- Hike Poly Canyon with friends.
- Commute to campus by bike, bus, carpool, or walk.
- Wear your seatbelt if you drive, or wear your helmet if you bike.
- Meet a friend or colleague for coffee.

Scheduled Events Happening in May:
- May 1st: May Day Wellbeing Fair in collaboration with PULSE
- May 4th: Community Wellbeing Fair
- May 10th: Physical Wellbeing Fair in collaboration with Kinesiology
- May 11th: Mustang Mile hosted by ASI & Cal Poly Recreation Center
- May 13th: Relay for Life
- May 15th: Mindful Monday – Counseling Services
- May 17th: Learn @ lunch: Sleep w/ Professor Kelly Bennion
- May 24th: Professional Development Fair - TBD
- May 31st: 31 Days of Wellness Social

If interested in getting involved, please contact Genie Kim, Director of Wellbeing and Health Education for Campus Health & Wellbeing, gkim23@calpoly.edu (805) 756-5442.