

Wellness

WEDNESDAYS

Bullet Journaling for Self-Care



This session will introduce bullet journaling as a wellness practice to reflect on your Caltech experience and beyond.

June 30 | 4:00 PM PDT



Wellness

WEDNESDAYS

CALTECH CENTER FOR
INCLUSION AND DIVERSITY

Grounding Through Mindfulness & Meditation

Join us for a virtual 1-hour meditation session focused on the fundamentals of the mindfulness practice as it relates to underrepresented identities in STEM.

July 7 | 4:00 PM PDT



Wellness

WEDNESDAYS

CALTECH CENTER FOR
INCLUSION AND DIVERSITY



Relationship Wellness: Setting Healthy Boundaries

This workshop will explore practical ways to establish healthy boundaries in interpersonal relationships.

HOSTED BY TÉRESA MEJIA
CAMPUS ADVOCATE AND CONFIDENTIAL RESOURCE



JULY 14 | 4:00 PM PDT

Wellness

WEDNESDAYS

SELF - CARE

**WELLNESS AND
ACTIVISM:
AVOIDING ACTIVIST
BURNOUT**

ACTIVISM

This workshop will explore the need for self-care when engaged in activism and advocacy.



JULY 21 | 4:00 PM PDT



Wellness

WEDNESDAYS

Dance from the Heart Intro Workshop

Dance from the Heart is a trauma-informed healing movement practice that helps people reduce stress, heal their body, reach their dreams and goals, and build community with others.

Join us for this introductory class via Zoom presented by Critical Mass Dance Company to connect to your body, dance from your heart, and embody your greatest visions for your life and world.

This session will center the experiences of minoritized communities.

July 28 | 4:00 PM PDT

