

THE UNIVERSITY OF TOLEDO

Fall 2021
ROCKET RECHARGE



Rocket Health

Rocket Recharge aims to help faculty, staff and students unwind at the end of each academic semester through stress relieving programming. University Wellness is collaborating with partners to provide a blend of safely distanced in-person programming and virtual options from Nov. 15-19. **Register for events by visiting** utoledo.edu/offices/rocketwellness/healthyu/events

MONDAY Nov. 15

Create Your Own Positive Affirmation Cards
12:00-1:00 p.m., Main Campus, Health and Human Services, Room 1100 Center for Health and Successful Living

TUESDAY Nov. 16

Mindfulness at Work Webinar: 12:00-1:00 p.m., virtual

Grab-and-Go DIY Activity Pick-up: 10:00 a.m.-12:00 p.m., Main Campus, University Health Center

Self-Care Charts for No Bones Days
5:30-7:00 p.m., Main Campus, Eberly Center for Women, Tucker Hall Room 0168

WEDNESDAY Nov. 17

Personal Well-being Vision Board Workshop
11:30 a.m.-12:30 p.m., Health Science Campus, Pinnacle Room

Grab-and-Go DIY Pick-up: 1:00-3:00 p.m. Health Science Campus, Morse Center

THURSDAY Nov. 18

Personal Well-being Vision Board Workshop
12:30-1:30 p.m., Main Campus, Health and Human Services, Room 1711b

Rocket Night Life De-Stress Event: 9:30-11:00 p.m., Main Campus, Rec Center Group Fitness/Maple Room

Rocket Health Great American Smokeout: Resources available throughout both campuses

FRIDAY Nov. 19

Create Your Own Positive Affirmation Cards
1:00-2:00 p.m., Health Science Campus, Pinnacle Room

- **Registration is required** for all events, except for the Great American Smokeout.
- Visit the University Wellness website to register and for more program details utoledo.edu/offices/rocketwellness/healthyu/events
- Registered participants will receive additional program information via email.
- Some activities have limited availability.