

Student Wellness Week

Celebrate Student Wellness Week with events and activities happening across UTHealth Houston!

NOVEMBER
02-06

EVENT SCHEDULE



Share any
photos you
take here.

CSON | Tues, 11/3 11:00 AM - 1:00 PM

Paint Break CSON 1st and 2nd Floor



SBHS | Tues, 11/3 12:00 - 1:00 PM

Create Your Own Zen Garden BBSB 3164

SOD | Wed, 11/4 12:00 - 1:00 PM

PEDS Fall Into Relaxation SOD 4th Floor

SOD | Wed, 11/4 6:30 PM

Molars & Miles Run Club - 2 Mile Run/Walk

Open to all students - meet at Hermann Park Lot C



CSON | Thurs, 11/5 11:00 AM - 1:00 PM

Paint Break CSON 1st and 2nd Floor

SBMI | Thurs, 11/5 12:00 - 1:00 PM

Virtual Brain Break

Open to all students - [Registration Link](#)



GSBS | Thurs, 11/5 1:00 - 3:00 PM

Paws for Therapy BSRB Commons

SPH | Thurs, 11/5 2:00 - 4:00 PM

Restore: Rest, Reflect and Renew PHB 2nd Floor

MMS | Fri, 11/6 6:00 - 8:00 PM

Sand Volleyball Tournament

Open to all students - meet at the UTHealth Rec Center

