

October



Stony Brook **Medicine**

Resilience at The Brook Events

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8am & 12pm Daily Mindfulness Meditation 12pm Walk for Wellbeing. Meet on the level 2 patio near Nicolls Road underpass.	2
3	4 8am & 12pm Daily Mindfulness Meditation	5 8am & 12pm Daily Mindfulness Meditation 11-2pm Bite-Sized Nutrition with SB Dietetic Interns and Healthier U	6 8am & 12pm Daily Mindfulness Meditation 12pm Gentle Yoga	7 8am & 12pm Daily Mindfulness Meditation 11-3pm Mindful Moments with SB Social Work Interns and Healthier U 1-2pm Pet Therapy	8 8am & 12pm Daily Mindfulness Meditation 12pm Walk for Wellbeing. Meet on the level 2 patio near Nicolls Road underpass. 1-2pm SB Graduate Musicians	9
10	11 8am & 12pm Daily Mindfulness Meditation	12 8am & 12pm Daily Mindfulness Meditation 11-2pm Bite-Sized Nutrition with SB Dietetic Interns and Healthier U	13 8am & 12pm Daily Mindfulness Meditation 12pm Gentle Yoga	14 8am & 12pm Daily Mindfulness Meditation 11-3pm Mindful Moments with SB Social Work Interns and Healthier U 1-2pm Pet Therapy	15 8am & 12pm Daily Mindfulness Meditation 12pm Walk for Wellbeing. Meet on the level 2 patio near Nicolls Road underpass.	16
17	18 8am & 12pm Daily Mindfulness Meditation	19 8am & 12pm Daily Mindfulness Meditation 11-2pm Bite-Sized Nutrition with SB Dietetic Interns and Healthier U	20 8am & 12pm Daily Mindfulness Meditation 12pm Gentle Yoga	21 8am & 12pm Daily Mindfulness Meditation 11-3pm Mindful Moments with SB Social Work Interns and Healthier U 1-2pm Pet Therapy	22 8am & 12pm Daily Mindfulness Meditation 12pm Walk for Wellbeing. Meet on the level 2 patio near Nicolls Road underpass. 1-2pm SB Graduate Musicians	23
24	25 8am & 12pm Daily Mindfulness Meditation	26 8am & 12pm Daily Mindfulness Meditation 11-2pm Bite-Sized Nutrition with SB Dietetic Interns and Healthier U	27 8am & 12pm Daily Mindfulness Meditation 12pm Gentle Yoga	28 8am & 12pm Daily Mindfulness Meditation 11-3pm Mindful Moments with SB Social Work Interns and Healthier U 1-2pm Pet Therapy	29 8am & 12pm Daily Mindfulness Meditation 12pm Walk for Wellbeing. Meet on the level 2 patio near Nicolls Road underpass.	30
31						