

OCTOBER 2021

COE GRAD ED HEALTH AND WELLNESS SPOTLIGHT



Oct. 15-17 Purdue SKY Happiness Retreat




RELAX + MEDITATE + CONNECT

Oct. 29 and Nov. 19
Friday | 5:30-6:30 pm | STEW 302
Yoga mats provided

- Links for upcoming events:**
- 10/15 -10/17 SKY Retreat- click **HERE**
 - 10/19 Flu Shot Clinic - click **HERE** for info
 - 10/20 CAPS-Mindfulness and how to help with stress- click **HERE**
 - 10/18-10/25 Mindful Mondays - click **HERE**
 - 10/29-11/19 Meditate to Tackle the Real World


Flu Shot Clinic



TUESDAY, OCTOBER 19th
9 am – 1 pm

Purdue Graduate Student Center (PGSC) 504 Northwestern Avenue, West Lafayette
Hosted by: Purdue University Pharmacy & American Pharmacists Association

DROP-IN's WELCOME
-OR-
Scan the QR Code to set up an appointment



Step 1: Scan the QR code or go to <https://goaction.purdue.edu>
Step 2: Login to the Purdue Portal with your login.
Step 3: Confirm your Date of Birth using the drop-down boxes provided

Purdue CAPS Intro Presentation 2020

Welcome to Purdue Counseling and Psychological Services (CAPS)



P PURDUE UNIVERSITY Counseling and Psychological Services

October 20 , 2021 from 10-11 am Join this virtual class on "Mindfulness and how it can help with stress".

Zoom:<https://tinyurl.com/9mmm22w>

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ECEGSA is organizing a virtual talk session to celebrate Mental Health and its importance in Grad School on Oct. 15, 2021 from 12-1 pm. The speaker is Krithika Chandrasekar- a proud Purdue Alumni, and Engineer by profession, and a writer. She advocates mental health through her writing and has recently published her first non-fiction *Have You Heard the Sound of Your Own Voice?*.

The talk is titled "You are in TOP MENTAL HEALTH"

RSVP using this form zoom link for the session:

<https://forms.office.com/r/zDKd5GtbBh>



FRIDAY | 15 Oct. 2021
12:00 PM - 1:00 PM
RSVP for Zoom link

YOU ARE IN
**TOP MENTAL
HEALTH**
PRACTICAL TIPS TO THRIVE IN
GRADUATE SCHOOL

Krithika Chandrasekar
Writer | Signal Processing Engineer
Purdue University (BSEE '11)
UCSB (MSEE '14)



The Purdue Graduate Student Center is a Pop up location for ACE Food Pantry on Mondays

WATCH FOR MINI-HEALTH SCREENING DATES

FREE SCREENINGS

Grad Ed will be partnering with the Purdue School of Nursing and the School of Pharmacy for free mini-screening clinics. Keep an eye out for further details as dates are scheduled.

MINDFUL MONDAYS

SKY@PURDUE

This is a two- part wisdom and meditation series. Each session includes a live, guided tour meditation; wisdom to uplift your mind, and social connections.

Sessions Monday 01/18-10/25 6-6:30 pm

*Register **HERE***