

Health Initiatives Spring 2021 Virtual Programs



Well-Being Weekly

Virtual Workshops

Held weekly to support your well-being.



MINDFUL MONDAYS | 4 PM *via BlueJeans*
Mindfulness meditation to start the week



TEDxTALK TUESDAYS | 12 PM *via BlueJeans*
15-minute Ted Talk, followed by a discussion



WELL-BEING WEDNESDAYS | 2 PM *via BlueJeans*
Varied topical presentations related to Health Education, Nutrition, or Sexual Violence Prevention and Advocacy



VOICE MESSAGE THURSDAYS | 1 PM *via BlueJeans*
Sexual violence prevention programs on topics including: Supporting Survivors of Sexual Violence, 10 Signs of Healthy and Unhealthy Relationships, Media Messages, and Bringing in the Bystander



FLAVORFUL FRIDAYS | 12 PM *via Instagram*
Cooking demos and spicy nutrition conversation

Register at healthinitiatives.gatech.edu

Community Nutrition:

A promotional graphic for the 'Fit to Thrive' virtual series. The background is split into dark blue and olive green sections. The title 'Fit to Thrive' is in large white font. Below it, a paragraph describes the series. A QR code is on the left, and a registration URL is in the center. At the bottom, there is a stylized icon of a person with a heart, a flower, and a smile, and the Georgia Tech Health Initiatives logo.

Fit to Thrive

Join us for a four-week virtual series designed to teach GT students and employees how to incorporate the dimensions of well-being into their daily lives.

Scan to register and learn more!
healthinitiatives.gatech.edu/THRIVE

Georgia Tech Health Initiatives

Fit to Thrive is a four-week virtual series designed to teach GT students and employees how to incorporate the dimensions of well-being into their daily lives so that they can flourish and be fulfilled emotionally, socially, spiritually, physically, and professionally. Individuals will learn and practice skills related to healthful eating, sleep, stress management, mindfulness, and more.

#BODY POSITIVE GT

Our Body Positive GT Weekly Group Begins this Spring!

Group sessions will be held weekly
02/15/2021- 4/05/2021
via Blue Jeans
Mondays at 230pm

The purpose of our Body Positive GT discussion group is to provide a non-judgmental space for individuals to explore their personal issues with beauty, health, and identity.



Scan to Register

Georgia Tech

Group sessions will be held weekly and lead by trained Body Positive Facilitators. We hope that you will join us as in creating a nonjudgmental space for individuals to explore their personal issues with beauty, health, and identity.

Health Education:

MINDFULNESS BOOK CLUB

Join us in reading and discussing the book:

The Mindful Twenty-Something

Learn simple mindfulness exercises that you can easily incorporate into your daily routine to help you manage stress!

All Sessions will be held VIRTUALLY

REGISTER NOW!

healthinitiatives.gatech.edu/mindfulness



SESSION 1

February 4 - 25

Thursdays @2pm - 3pm

SESSION 2

March 3 - 24

Wednesdays @11am - 12pm

SESSION 3

April 6 - 27

Tuesdays @ 4pm - 5pm

Join fellow students in reading and discussing *The Mindful Twenty Something*, while also learning simple mindfulness exercises that you can incorporate into your daily routine. [Register Here](#)



WELLNESS COACHING

OPTIMIZE YOUR PERSONAL GOALS WITH WELLNESS COACHING. YOU CAN EXPLORE:

- Fitness
- Sleep
- Stress
- Future goals
- Organization
- Healthy eating
- Relationships
- Time management
- Lifestyle balance
- **And much more!**

For more information and to register, go to healthinitiatives.gatech.edu/coaching

Georgia Tech Health Initiatives

Optimize your personal goals with Wellness Coaching. You can explore topics such as sleep, time management, stress management, lifestyle balance and more! All sessions will be held virtually on Blue Jeans. [Register Here!](#)

Georgia Tech Health Initiatives



Health Initiatives is seeking candidates to be peer educators!
Peer educators gain skills in:

- TEAMWORK & COLLABORATION
- PUBLIC SPEAKING & FACILITATION
- LEADERSHIP
- CRITICAL THINKING & PROBLEM SOLVING
- WELL-BEING KNOWLEDGE
- PROJECT MANAGEMENT
- PROGRAM PLANNING & EVALUATION
- PROFESSIONALISM

Scan the QR code to learn more & apply!
healthinitiatives.gatech.edu/HEALTHYJACKET



Are you passionate about health and well-being? Healthy Jacket Peer Educators are well-being leaders on campus who empower fellow GT students to make well-informed decisions about their health and well-being and work to create a healthy campus culture. [Apply to be a Healthy Jacket here!](#)

FREE HIV TESTING



SPRING 2021

Come get tested and learn about healthy relationships, safer sex, and the importance of making testing a part of your regular health care routine!

2ND TUESDAYS	4TH THURSDAYS
2PM-4PM	11AM-1PM
FEBRUARY 9TH	FEBRUARY 25TH
MARCH 9TH	MARCH 25TH
APRIL 6TH	APRIL 22ND

Health Initiatives is providing Free HIV Testing for Students, Faculty, and Staff in partnership with the AIDs Healthcare Foundation. Testing will be performed using the INSTI® test which gives results in 60 seconds.

Location: Tech Walkway

TBD: West Village

Check our website for updates!