

## 2023 GSU Wellness Week Session Schedule

Presentation date & time	Session Leaders	Group Title	Description
Monday 9/18/23 3:15-3:45 pm	Jaci Robbins OTS Morgan Carr OTS Kayla Callahan, SPT Shantez Branch, SPT	Puzzled? Come move with Dementia	This group session will help individuals participate in a group activity, while fusing cognitive behavioral therapy with physical activity and social participation. This session is focused on dementia rehabilitation using puzzles, easy leisure activities and a full range of motions to physically get the participants engaged.
Monday 9/18/23 4:15-4:45 pm	Maiya McArthur OTS Amanda Johnson OTS	“The Best Joint in Town” Featuring- The Rheumatoid Arthritis Fighters	This group session will educate individuals on how to manage and prevent the risk of obtaining rheumatoid arthritis. Learn how to utilize and administer different types of exercises that will keep your joints lubricated and moving in or out of the office. If you are interested in continuing to do the physical leisure activities you enjoy, then this is the group for you!
Tuesday 9/19/23 3:15-3:45 pm	Stacey Barron, SPT Jenny Rivera, SPT Gema Solis OTS Julyssa Cabrales OTS	We’ve Got Your Back... Unlike Osteoarthritis	This group session will inform on the effects of osteoporosis and try to help relieve pain when present. Education will be provided on the importance of stretching, resistance, and aerobic activity as well as the importance of having good posture during everyday tasks.
Tuesday 9/19/23 4:15-4:45 pm	Julia McDonald MOT, OTR/L, RYT-200	Gentle Chair Yoga and Mindfulness	This session requires no previous yoga experience and is meant for all bodies. Learn ways to focus and calm your thoughts while clearing out tension in your back, hips and shoulders. Participate at any level you are comfortable using guided movements that link mind and body. Leave feeling refreshed and restored.
Wednesday 9/20/23 3:15-3:45 pm	Dr. Frank Czuba DrOT, OTR/L	Mindful Movement Using Tai Chi	This session will help participants gently and deliberately move their bodies through a series of holistic sequences that will foster internal harmony while enhancing balance, strength and coordination. No prior experience is required. All are welcome as the movements and breathing can be modified to support skill and functional levels.

Wednesday 9/20/23 4:15-4:45 pm	Madison Deacon, SPT Kaylee Jawoisz, SPT Daria Lending OTS Abdul Murrar OTS	Living with Fibromyalgia	This session is designed to educate and encourage those with fibromyalgia to engage in daily movement through a series of mobility exercises that target the joints and muscles as well as a tai chi program to facilitate flow throughout the lifespan.
Thursday 9/21/23 3:15-3:45 pm	Jenny Dolas OTS Rolanda Sturdivant OTS Yajaira Quinones, SPT	Don't Let it Weigh on You Weight Management Group	This session will allow participants to acquire more knowledge about different exercises and meals that are presumed to be healthy to promote weight management. This group session will also allow the participants to play a game on Kahoot, view MyPlate, and to engage in different exercises.
Thursday 9/21/23 4:15-4:45 pm	Jenna Marion OTS Courtne Tolar OTS	CKD: Importance of Hydration and Nutrition "Eat, Live and Drink Water"	This session will allow participants to learn more about what foods are not appropriate to have with chronic kidney disease as well as the importance of staying hydrated and medications that may need to be avoided. The participants will also participate in different exercises from PT and OT. At the end of the session a short wrap-up will be provided with the information that was given during the presentation.
Friday 9/22/23 3:15-3:45 pm	Sessily Gianakos, SPT Jessica Jones OTS, COTA/L Charles Morrow, SPT	Managing Chronic Pain Holistically	This session is meant to promote self-management of chronic pain. The goal is to decrease the prevalence and impact of chronic pain, specifically by increasing self-management that limits life and work activities through nonpharmacological treatments and change a person's perspective of self-health and improve quality of life.
Friday 9/22/23 4:15-4:45 pm	Bridget Burke Destiny Pointer Kerri Twietmeyer, SPT Jazmin Barragan, SPT	Find your Balance	This session will educate participants on how the different body systems affect our balance and who to consult further if there are issues with balance. The goal of this session is to increase the number of individuals who experience dizziness/balance issues being referred to specialists.