

Monday

Meditation Monday	<i>Co-sponsored by Peabody Office of Student Engagement & Well-Being</i>	1:15 pm-1:45 pm	CSW Meditation Room
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Tuesday

VRS Meeting	<i>Vanderbilt Recovery Support</i>	12:00 pm-1:00 pm	VRS Lounge
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VRS Friends & Family Group		1:30 pm-2:30 pm	VRS Lounge
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Accountability Hour		4:00 pm-6:00 pm	CSW Classroom
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Wednesday

Drop-in Coaching/Study Hall		1:00 pm-3:00 pm	CSW Classroom
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VRS Pride	<i>Vanderbilt Recovery Support Pride - 2nd & 4th Wednesday of each month</i>	12:00 pm-1:00 pm	VRS Lounge
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Thursday

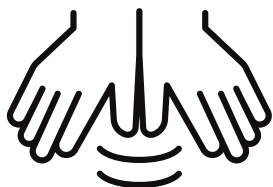
Drop-in Coaching		11:00 am-12:00 pm	McGugin Center
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Drop-in Coaching		2:00 pm-4:00 pm	Black Cultural Center
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Yoga	<i>Co-sponsored with the Black Cultural Center</i>	6:00 pm-7:00 pm	Black Cultural Center
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VRS Meeting	<i>Vanderbilt Recovery Support</i>	8:00 pm-9:00 pm	VRS Lounge
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Weekly Wellbeing Practices start 9/11 and end 12/7. There will be no Weekly Wellbeing Practices the week of 11/20-24 (Thanksgiving holidays). Contact healthydores@vanderbilt.edu to arrange accommodations.



Chair Massage

Monday, September 18, 3-5pm

Tuesday, October 17, 3-5pm

Wednesday, December 6, 3-5pm