

CALTECH CARES WEEK 2017

A WEEK OF PROGRAMS TO SUPPORT COMMUNITY BUILDING,
EMOTIONAL WELLBEING, AND PHYSICAL FITNESS

APR 29

Beaver 5K Race
10AM @ Beckman Lawn
Preregistration recommended,
limited on-site registration
Sponsored by HEAL

APR 30

Take Back The Night
5PM - 8PM @ Alumni House

Sponsored by the Femme Club

MAY 1 - 5

**Counseling Services
Talks & Treats**

12PM - 1PM @ Red Door Cafe

MAY 1 - 14

**National College Health
Assessment Survey**

Check your Caltech email 5/1

MAY 1

Bagel Monday + Postcards to Friends
8AM - 10AM @ Central Catalina Rec Room
Sponsored by CCAs, GRAs & Grad Office

Intercultural Discussion Group
12PM - 1PM @ 2nd Floor CSS
Sponsored by ISP and Counseling Services

Beginner Swimming Stroke Clinics
10AM & 5PM @ Alumni Pool
Sponsored by Athletics & Recreation

MAY 2

Meditation Mob
12PM - 1PM @ Lower Winnett Lounge - Sponsored by Counseling Services

Commit@Caltech Meditation Class
12:15PM @ Beckman Institute Center Garden - Sponsored by Worklife@Caltech

Coffee at Caltech - PostDoc, Scholar, & New Hire Welcome
2PM - 3PM @ Dabney Gardens - Sponsored by Human Resources

Commit@Caltech Walking Challenge
5:30PM - 6:30PM @ Student Health Center - Sponsored by Worklife@Caltech

MAY 3

Beginner Swimming Stroke Clinics
10AM & 5PM @ Alumni Pool
Sponsored by Athletics & Recreation

Emotion Lab
12PM - 1PM
Rm 229 Sherman Fairchild Library
Sponsored by Counseling Services

MAY 4

Undergrad Check-In & Chat
1PM - 2PM @ Center for Diversity - Sponsored by Counseling Services and CCD

Check Your Wellness Specs
12PM - 1PM @ Outside Red Door - Sponsored by Counseling and OT Services

Grad/Post-Doc *Women's Lunch
12PM - 1PM @ Center for Diversity - Sponsored by CCD

Commit@Caltech Circuit Training
5:30PM - 6:30PM @ Student Health Center - Sponsored by Worklife@Caltech

Better Joints Flexibility Class
5:30PM @ Racquetball Court #6 - Sponsored by Athletics & Recreation

MAY 5

**Blood Pressure Testing, PAR-Q and
Fitness Recommendations**
12PM - 2PM @ 2nd Floor Winnett Lounge
No appointment required
Sponsored by Caltech Athletic Trainers

Water Aerobics
4PM @ Alumni Pool
Sponsored by Athletics & Recreation

MAY 6

Drag Show
7PM - 10PM
@ Avery Dining Room
Sponsored by CCD

**Interested in more
Caltech Cares events?**

For full list of programs, visit:
caltechcares.caltech.edu