Overall wellness week was VERY successful this year at UNC. We did have some hiccups with Hurricane Florence creating some disturbance as it led to the school being shut down during part of our proposed wellness week/month. I have listed the events on the dates we had intended them for simplicity’s sake and added the new dates besides those that were postponed.
Ongoing Events:

**Gratitude Board:** We put a “gratitude board” and left it in the atrium during the week. We had a great student/faculty/staff turnout for this!

**Step Challenge:** Used the challenge runner app to track participant steps (Cost $200)
- 75 participants
  - We extended the challenge, due to the hurricane. It ended up being 2 weeks long.
  - Prizes were given to the top steppers ($25/first place, $50 overall winner) (Cost $175)
  - This was one of our most successful events/challenges. The school wide excitement and participation and friendly competition was great.

**Prizes:** We incentivized students to participate in events by giving them raffle tickets that they could place in drawings at the end of the week. As a combinations of donations and also gift cards we purchased we were able to raffle off the following: Starbucks gift card ($25), Lulu lemon gift card ($50), FORK! Restaurant ($25), Trader Joes gift basket, Produce Box gift card ($25), Progression Climbing passes, Finley Golf Green fees for four, an overnight’s stay at the Fearrington inn.

**DAILY SCHEDULE**

**MONDAY** (Sept 10th, 2018)
- 1-2 pm: Student Panel “Maintaining wellness as a dental student” (Occupational)
- 2-3rd year students gave a panel on how they have managed stress throughout dental school. Participants were encouraged to ask questions and it ended up being a successful interactive session.
- Location: UNC School of Dentistry G405
- Marketing: Email Participation: ~20 students
- Costs: $81 – to provide lunch for panel members and participating first years.
- Cross Fit class hosted by Homeward Crossfit 6:30 pm
  - Participants will get a raffle ticket
  - Participants: 18

---

**TUESDAY** (Sept 11th, 2018)

➔ 8:30 am campus walk (Environmental)
  - A campus walk will be offered at 8:30 am.

➔ 12:30-2:30: Wellness booth (the produce box) set up in atrium and clean juice samples.
  - Clean juice is a restaurant that we have in the community--they will come in and give out juices for part of the day.
  - Produce Box: This is a local company in North Carolina that delivers fresh produce to you straight from farmers in North Carolina.
    - We had them set up a booth so that students can be aware that getting fresh produce delivered to them is an option. We hoped that this not only raises awareness about eating healthy but also reiterates the importance of supporting local farms.
Lunch: Nutrition lunch and learn - “Healthy eating on the go”
   KOHS G411
Barre3 class at 8:15 pm
   Limited to the first 27 students
   201 S Elliott Rd #400, Chapel Hill, NC 27514

Wednesday (Sept 12th, 2018) --POSTPONED
- Flu shot clinic 8-11 am – Postponed to Tuesday October 16th
- Grayson-Therapy Dog/Miles for wellness 12-1pm
- Lunch: Keynote speaker: Dean’s lecture “Taking care while providing care” (Occupational) – Postponed to 11/28
- Rock Climbing at Progression Climbing at 6:30 PM 15-20 ppl. – Postponed to September 24th at 6:30 PM
  - $10/person
  - 1713 Legion Rd, Chapel Hill, NC 27517
  - Participants: 15 students

Thursday (Sept 13th, 2018) --Postponed
- Soccer Tournament – “World Cup” Theme
  The soccer tournament was open to students, faculty and staff to participate in. The World Cup themed soccer tournament aims to promote fitness and camaraderie among the dental community. The event was very successful!
  7pm. Address scroggs elementary school 501 Kildaire road chapel hill NC --Postponed to October 16th at 7:00 pm. (Costs: $75)
  Participants: 60
Friday (Sept 14th, 2018) - Postponed
  - Grayson-Therapy Dog/Clean Juice/Campus Health
  - **Audie Cashion Lunch and Learn:** Counterbalancing work/life stress. Old dental 150 – Postponed to September 28th 1-2 pm.
    - This was another VERY successful event. The session ended up being very interactive and Audie tailored his talk towards dental students which our students really appreciated. Some even mentioned this was their favorite talk of the year!
    - Chik-Fil-A lunch catering ($500 – partially sponsored by speaker) – 80 Students participated.