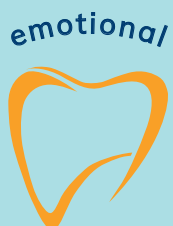


ASDA Wellness

There is no single way to promote wellness. Whether an activity focuses on one dimension or blends several together, it can support member well-being. Use this guide as inspiration to bring creative and impactful wellness programming to your chapter!



Chapter Events & Activities Planning Resource

1

IDENTIFY WELLNESS NEEDS

The first step in creating a wellness activity for your chapter is to identify the wellness needs of your members. Consider collecting feedback about your members' wellness priorities and areas they want to highlight as a community.

2

SELECT DIMENSION(S) TO PRIORITIZE

Analyze the feedback from your chapter members and categorize their needs and interests by wellness dimension. Determine which dimensions to address based on results.

3

PLAN AND IMPLEMENT WELLNESS ACTIVITY

Identify a core group of leaders to assist with the planning process. Establish a planning timeline and responsibilities. Implement an activity, challenge or event that addresses these areas of interest.



PUPPIES AND PAINT

**University of North Carolina
(2024 Wellness Grant Recipient)**

The University of North Carolina chapter hosted a Puppies and Paint event, creating a relaxing space where students could paint, enjoy snacks, cuddle rescue puppies and connect with classmates while supporting a local animal rescue. Members described the event as a great opportunity to "relax, recharge and soak up the joy of puppy snuggles," with students leaving "with full hearts and big smiles."

emotional



Concerns your ability to express your feelings, cope with stress, maintain satisfying relationships and deal with conflict. It encompasses optimism, self-esteem and self-acceptance. It involves cultivating a positive attitude, but being attentive to your negative feelings as well.

Program Opportunities:

Succulent workshop - Relaxing hands-on event where students pot and personalize their own succulent to bring home

Therapy Dogs - An event where therapy dogs come into the school and provide an outlet for students to ease their stress

Imposter Syndrome Workshop - An educational session outlining strategies to help overcome imposter syndrome



ORAL CANCER AWARENESS WALK

The University of Iowa (2025 Wellness Grant Recipient)

The University of Iowa chapter hosted the IASDA x SNDA 5K for Oral Cancer Awareness, bringing students and faculty together for a 5K run/walk while promoting education on oral cancer risk factors, screening and prevention. Organizers shared that the event was successful because of the "strong participation and support from both students and faculty," which fostered "a sense of connection, camaraderie and shared commitment to wellness." The chapter also raised \$916.02 for the Oral Cancer Foundation, reinforcing its commitment to wellness and advocacy.

physical/



Promotes proper care of our bodies for optimal health and functioning. It involves routinely carrying out behaviors that have a significant impact on our wellness (routine check-ups, a balanced diet, exercise, etc.) while avoiding destructive habits (tobacco, drugs, alcohol, etc.).

Program Opportunities:

Step challenge – A friendly step-count competition to encourage movement and healthy habits

Training/virtual fitness classes
- Group fitness sessions that give students a fun way to de-stress and stay active together

Healthy recipes/cooking demos
- Members share their favorite meal prep or healthy recipe - bonus if they create a video of them making it!



WELLNESS BOUQUETS

New York University (2025 Wellness Grant Recipient)

The New York University chapter hosted a Wellness Wednesday Bouquet Making event, giving students the opportunity to explore a new creative skill while taking a break from their academic routines. By encouraging participants to try something different, the event supported Intellectual Wellness through creativity, curiosity, and lifelong learning. Organizers shared that "the success of this event hinged on its uniqueness," noting that "we had never done an event like this, as most of our wellness events have been tied to physical/mental wellness in the past. This event was a breath of fresh air."

intellectual



Encourages us to engage in creative and mentally stimulating activities. It involves actively participating in educational, cultural and community events and combining life lessons with those learned in the classroom. It's about nurturing curiosity and lifelong learning.

Program Opportunities:

Book/podcast recommendations -

- Create a list of books your members recommend to others and create posts or areas members can go to find their next read/listen.

Trivia - Plan a trivia night for your school, pick a theme and create bonus points for teams dressing up, decorating their table or even bringing cans for a can drive. Talk to local restaurants about use of their spaces.

Alumni "Lunch and Learn" - Invite chapter alumni to discuss specialty exploration, lessons learned post-grad etc.



Entails seeking personal satisfaction and enrichment while being fully engaged in your work. It refers to developing work-life balance, managing working relationships and having enthusiasm for your job. It also means constantly developing the skills required to do your work well.

Program Opportunities:

Ergonomics workshop - Session on proper posture and positioning in the chair to help prevent back, neck, and hand strain

Mock interviews for jobs/residency - Practice interviews with feedback to help students prepare for job or residency applications

Wax & Relax or Drill & Chill - Upperclassmen help D1's with their wax ups and preps before a practical and socialize with one another

occupational



There are so many opportunities to support your chapter's occupational wellness! Consider connecting with program faculty or local graduates who may be interested in sharing their expertise at a chapter event.



Financial



Managing finances during school can feel overwhelming, especially while balancing tuition, living expenses, and daily responsibilities. Financial wellness is not about having unlimited money; it's about building long-term habits that create stability and peace of mind. By understanding how to budget, save, and manage expenses, you empower yourself to reach your current and future financial goals.

Program Opportunities:

Financial webinars - Topics may include student loan repayment strategies or how to navigate dealing with insurance

Budgeting workshop - A practical workshop on building a budget as a dental student and preparing financially for life after graduation

Salary Salon – An opportunity to meet with professionals such as a healthcare contract attorney, and discuss pros and cons of common compensation models.

New this year: Consider connecting with program faculty or local graduates who may be interested in sharing their expertise at a chapter event.