The 2016 Feel Good Monday Lunch Series
12:15 - 1:00 PM | CC 204

FEBRUARY 1
Three Easy Ways to Increase Confidence in Class
Floyd Cheung, Associate Professor of English Language & Literature

FEBRUARY 8
What’s the relationship between social justice work and righteous anger?
Matilda Cantwell, Interfaith Fellow, Smith College

Come talk about the possibility of letting go and hanging on at the same time.

FEBRUARY 15
An Antidote to Your Inner Critic
Benita Jackson, Associate Professor of Psychology

FEBRUARY 22
Crafty Mindfulness
Julie Ohotnicky, Dean of Students

FEBRUARY 29
Why You Don’t Need To Be Perfect
Patty DiBartolo, Professor of Psychology

MARCH 7
Go To Sleep – Tips On Getting The Rest You Need
Emily Nagoski, Director of Wellness Education

These workshops do not require registration - just show up! Come for lunch and a low-key conversation with faculty and administrators. We'll begin and end each session with a two-minute contemplative exercise.

This series is co-sponsored by the Wurtele Center for Work & Life, Wellness Education, and Religious & Spiritual Life.

For disability access information or accommodation requests, please call (413) 585-2407. To request a sign language interpreter, call (413) 585-2071 (voice or TTY) or send e-mail to ods@smith.edu at least 10 days before the event.