

# Conley Wellness Wednesday



Aug. 28: **Zumba**

6—7 p.m., Basketball Courts Outside Student Life Center

Sept. 4: **Put the Myths to “Bed”**

1—3 p.m., Corey Union Steps

Sept. 11: **Obstacle Course Challenge**

4:30 p.m., Student Life Center Front Lawn

Sept. 18: **Leadership with Empathy**

7—8 p.m., Corey Union Exhibition Lounge

Sept. 25: **Managing Stress**

1—3 p.m., Corey Union Steps

Oct. 2: **Vaping and Exercise**

1—3 p.m., Corey Union Steps

Oct. 9: **Coming Out as Trans**

Podcast released on [soundcloud.com/cortlandHPO](https://soundcloud.com/cortlandHPO)

Oct. 16: **Find Your Hobby**

1—3 p.m., Student Life Center Lobby

Oct. 23: **Healthy Relationship Trivia**

7—8 p.m., Corey Union Function Room

Oct. 30: **Sex in the Dark**

7—7:45 p.m., Corey Union Exhibition Lounge

Nov. 6: **Organizing for Professionalism**

1—3 p.m., Student Life Center Lobby

Nov. 13: **Party Smart Before Cortaca**

1—3 p.m., Student Life Center Lobby

**Health Promotion Office, Fall 2024**

If you need any accommodations to fully participate, contact [Lauren.scagnelli@cortland.edu](mailto:Lauren.scagnelli@cortland.edu)

**SUNY**  
**Cortland**