



WiMS Week of Wellness

December 11–15, 2017



MONDAY, 12–1 PM PROGER ONE BOARDROOM

Give: Drive for Dress for Success

Look deep in your closet for that suit or those heels that you just don't wear anymore. WiMS will be collecting professional attire and accessories to donate to Dress for Success. Donated items will be given to women in need that are looking to nail that interview or start their new career on the right foot!

Each donor will receive a WiMS-endorsed book (while supplies last) and entry into a raffle for exciting prizes! **Lunch provided.**

TUESDAY, 12–1 PM MEDITATION ROOM, 6TH FLOOR FLOATING

Meditate

Inhale, pause, exhale. Take a breather at our meditation lesson. Learn strategies that you can use anywhere to reduce stress and increase awareness. Mats will be provided but bring your own mat if you have one! **Sandwiches and water provided to-go at the end of the meditation.**

MEDITATION LEADER: Tracy Affonso, certified meditation leader and yogi, www.tracyaffonsoyoga.com

WEDNESDAY, 12–1 PM ATRIUM 8008

YOGA

Take a breather from this hectic holiday time to relax, stretch and breathe with a mid-day yoga session. Come in comfy clothes. Mats will be provided but BYOM if you have one!

Lunch provided at the end of the yoga session.

YOGA INSTRUCTOR: Tracy Affonso, certified Yoga Instructor, www.tracyaffonsoyoga.com

THURSDAY, 12–1 PM NORTH MEZZANINE CONFERENCE ROOM

Tai Chi

Find your center with a mid-day Tai Chi lesson. Come in comfy clothes. Mats will be provided but bring your own mat if you have one!

Lunch provided at the end of the Tai Chi lesson.

TAI CHI INSTRUCTOR: Rami Ronen, certified Tai Chi instructor, www.ramelronen.com

FRIDAY, 12–1 PM NORTH MEZZANINE CONFERENCE ROOM

Socialize

Socialize with other Tufts women faculty, residents, fellows and scientists! We've all developed shortcuts, tricks and tools to make life easier and more enjoyable every day and every holiday season. Come with one or two of your ideas to share. Let's use our collective pearls of wisdom to make this a relaxing and enjoyable holiday season!

Lunch and cupcakes provided.