



PGSG Presentation to the Board of Trustees

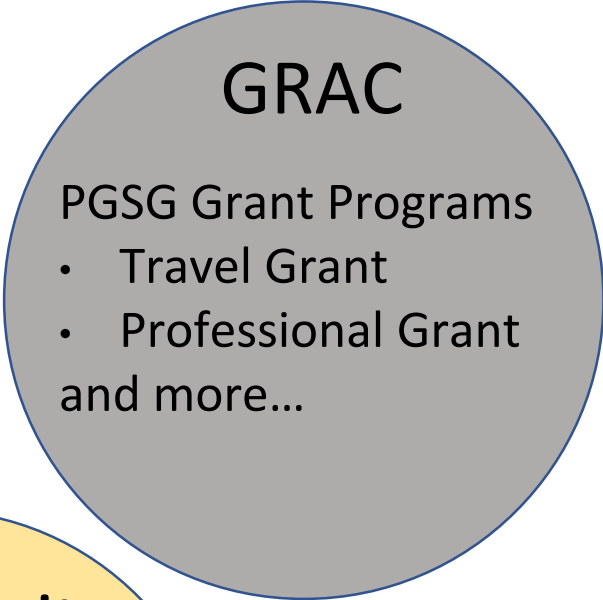
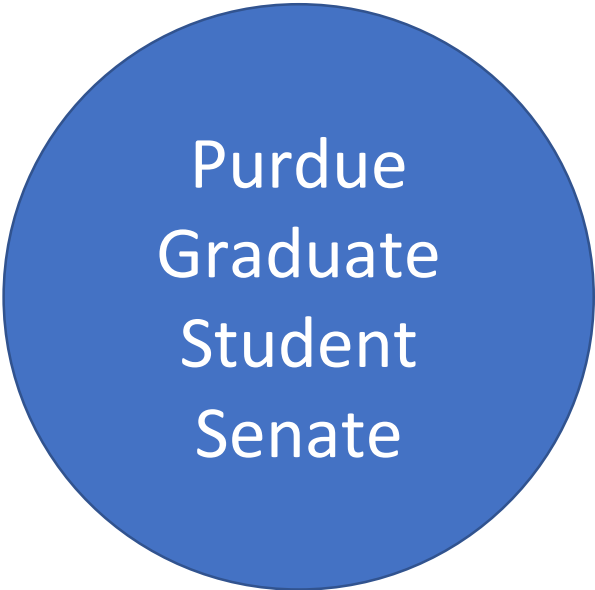
8 Feb 2019

Taylor Bailey, PGSG President

pgsg.president@gmail.com

twbailey@purdue.edu

PGSG Structure



Mental Health Awareness Week

SCHEDULE

Time	EVENT	Presented By	Location	TOPIC
10 AM - 11 PM	Kick Off Speech	Dr. Prieto-Welch	PGSC	
11 AM - 12 PM	YOGA/Meditation	SKY	PGSC	Building Your Armor: Self-Care
12 PM - 1 PM	Talk	CAPS	PGSC	Protect Your Brain through Healthy Thinking
06 PM - 08 PM	Knitting	Alden Bradford	PGSC	Learn to Knit (Beginners and Pros)
9 AM - 11 PM	Wake Up & Work	PGSG	PGSC	Get 2 hours work done - No Procrastination
11 AM - 12 PM	Group Workout	Ismail Center	PGSC	Cardio
1:30PM-2:30PM	Talk	Dr. Luana Nan	PGSC	Anxiety and Depression
06 PM - 08 PM	Talk	CAPS	PGSC	Get Level: Bring Yourself Back to Center
9 AM - 11 PM	Talk	Haley Snell-sparapany	PGSC	Healthy Eating: Eat Right on a Tight Budget
11 AM - 12 PM	YOGA/Meditation	SKY	PGSC	Connect Within: Meditation
12:30PM - 2 PM	Talk/Training	Dean of students office	PGSC	QPR Suicide Prevention Training
6 PM - 8 PM	Food Demonstration	CoRec	CoRec	Making Cooking Easy
9 AM - 11 PM	Talk	Will Evans	PGSC	Stress and Time Management
11 AM - 12 PM	Group Workout	Ismail Center	PGSC	Cardio
12 PM - 1 PM	Talk	CAPS	PGSC	Connect With Your World through Effective Communication
6 PM - 8 PM	Painting	Naomi Levine	PGSC	Relieve Stress Through Art- Beginners and Pros
11 AM - 12 PM	YOGA/Meditation	SKY	PGSC	Restorative Yoga
06 PM - 08 PM	Bowling	PGSCG	PMU	Keep Calm and Strike!

**BUILD YOUR
MENTAL HEALTH
TOOLKIT**

FEBRUARY
4-8, 2019

Scroll Down to RSVP

Graduate Student BoRR

How can we promote a graduate culture where students and their needs are emphasized as much as their academic and research success?

Aspirational → Foster best mutual success

University Senate, endorsed with follow-up
Graduate Council, pending endorsement

Thank you!