

arts KKSU

COLLEGE of the ARTS **WELLNESS SUMMIT**

Presented by College of the Arts' Diversity, Equity & Inclusion Committee

**FRIDAY APRIL 21, 2023,
10:30 a.m. - 4 p.m.**

**CHASTAIN POINTE | 1200 CHASTAIN POINTE
BUILDING 300, SUITE 306**

OPENING MIXER: 10:30 a.m. - 11 a.m.

College of the Arts Mixer with Light Food & Drink

Keynote Speech: 11 a.m. - 11:30 a.m.

Keynote Speaker: Dr. April Munson

CLASS BLOCK 1: 11:30 a.m. - 12:45 p.m.

Studio 1: Yoga For Acceptance with Lena Mayfield

Studio 2: Addiction & Recovery Allies with
Lindsay Montgomery (Students Only)

Studio 3: Breathwork For Wellness with Emily Kitchens

Classroom: Hand & Wrist Injury Prevention with Kristyn Mcgeehan

CLASS BLOCK 2: 1:15 p.m. - 2:30 p.m.

Studio 1: Yoga For Acceptance with Lena Mayfield

Studio 2: Consent For Physical Practices In Performing
with Amanda Washington

Studio 3: Rise Atlanta: Artist Approaches To Self-Limiting Beliefs
with Alexia Jones (Students Only)

Classroom: Body Stories: Offering Kindness To Ourselves
with Danielle Southern (Students Only)

CLASS BLOCK 3: 2:45 p.m. - 4 p.m.

Studio 1: Hand & Wrist Injury Prevention with Kristyn Mcgeehan

Studio 2: Black Artists Meet Up

Studio 3: LGBTQIA+ Ally Meet Up With Todd Wedge

Classroom: Bystander/Advocacy Meet Up

**FOOD & DRINKS, CHAIR MASSAGES,
AND WELLNESS FAIR AVAILABLE
THROUGHOUT THE SUMMIT!**



**KENNESAW STATE
UNIVERSITY
COLLEGE OF THE ARTS**