

# Wellness with WACHSO: Supporting UBC WACH graduate students through student-led wellness events

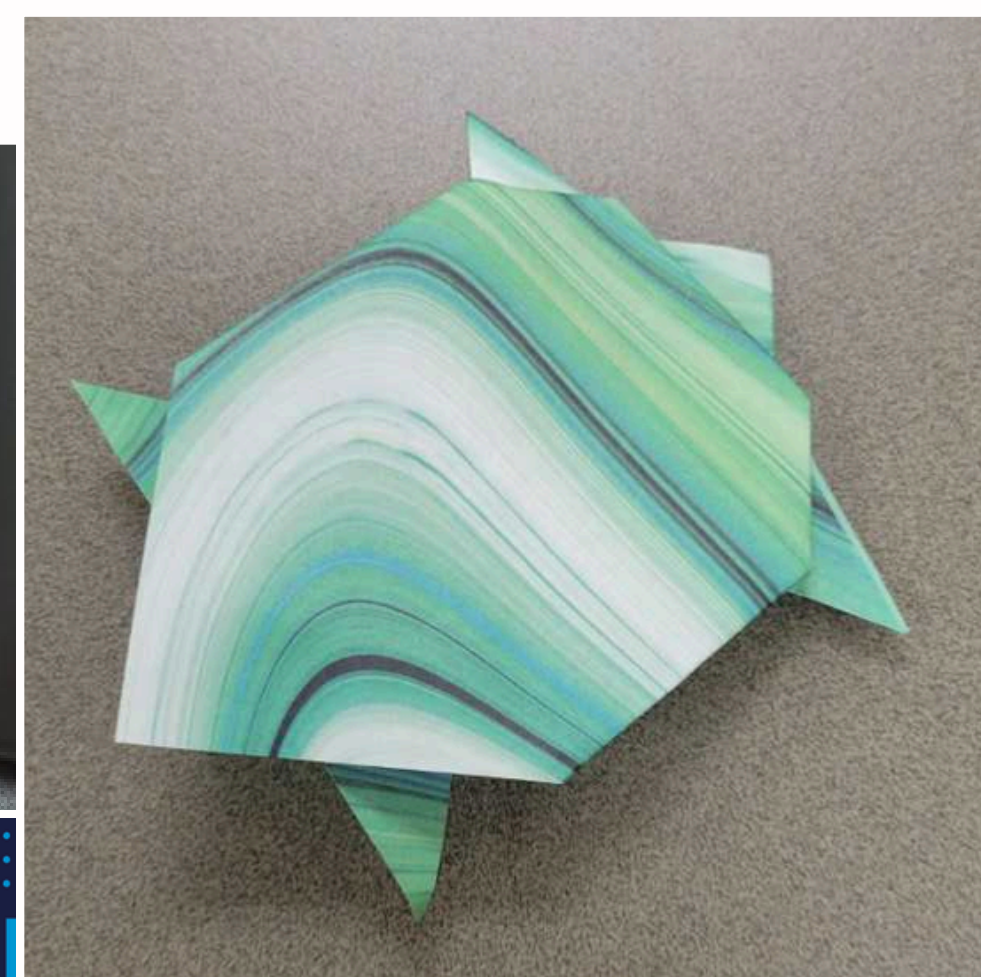
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The WACHSO Wellness Team aims to holistically support 60+ UBC WACH students' social, physical and mental well-being. Our primary aims are to ensure events are accessible and inclusive to all WACH students and to create a supportive community for graduate student success.



## SOCIAL WELL-BEING



Crafts & Chats: Nov 2022

Games Night: Apr 2023

## PHYSICAL WELL-BEING

### CHALLENGE SCHEDULE

MON	TUE	WED	THU	FRI
Get some fresh air and go for a walk or run outside!	Resistance training with body weight exercises, bands, and/or weights	Try some yoga or stretching	Try a dance workout video or a HIIT workout	Yoga



WACH US Move: Jan-Feb 2023 & 2024

## MENTAL WELL-BEING



Wellness Wednesday with WACHSO: Nov 2023

Bunny Therapy: Mar 2024