

UNIVERSITY HEALTH AND WELL-BEING

THE WORK YOU DO MATTERS. SO DOES YOUR WELL-BEING.

FALL SEMESTER 2026

Date	Event
8/28	SET for Success Series Part 2: Ergonomics 2 to 3 p.m. Improve workplace comfort with ergonomic tips for workstation setup, movement, and injury prevention.
9/2-9/30 <i>Wednesdays</i>	Move in the Garden 12:10 to 12:50 p.m. Free outdoor wellness program held under the Ginkgo Tree in Beal Botanical Garden that combines stretching, bodyweight strengthening, flow movements, and relaxation. Rain location: MSU Main Library Beal Room.
9/3-12/17 <i>Thursdays</i>	Move More at Work: Desk Decompress Mondays 12:15-12:45 p.m. and Thursdays 2-2:15 p.m.
9/14-12/14 <i>Mondays</i>	Take a few minutes to decompress while stretching and strengthening the body. Movements can be done sitting or standing, right at your desk.
9/9	Mindful STATE Day Take a moment to pause and reset by strengthening or developing mindfulness practices.
9/9	WorkLife Well-Being: Psychological Safety in Departments and Teams 1 to 2 p.m. Learn practical strategies for navigating change, building resilience, supporting others, and leading through uncertainty.
9/15	EAP Open House 2:30 to 4 p.m. Visit the Employee Assistance Program (EAP) Open House to see our space and meet our clinicians.
9/15-9/29 <i>Tuesdays</i>	Spartan Resilience Education: Building a Framework for Resilience 12 to 1 p.m. Build your personal framework for navigating challenges in life and work.
9/29	SET for Success Series Part 3: Time Management 2 to 3 p.m. Discover simple techniques to better manage your time, prioritize tasks, and streamline your workflow.
10/2	Disability Summit Discover new perspectives, practical tools, and innovative approaches to accessibility.

Learn more and/or register for Fall 2026 events at uhw.msu.edu



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10/7	Healthy Homecoming Walk 9 a.m. to 2 p.m. Walk or roll laps at your own pace during the 11th annual walk celebrating gold-level status as an Exercise is Medicine on Campus® university.
10/9	MSU Volleyball x MSU Safe Place Join us at the MSU vs. Oregon volleyball match as MSU Women's Volleyball and the Center for Survivors partner to raise awareness of domestic violence and connect the community with support resources.
10/13	Fresh Check Day Hosted in partnership with the Jordan Porco Foundation, this uplifting event features peer connection, engaging activities, food, music, and more, all designed to spark conversation around mental health and suicide prevention.
10/14	WorkLife Well-Being: Beyond Stigma: Understanding the Spartan Experience of Food Insecurity 1 to 2 p.m. Dive into data from the MSU Food Bank and Basic Needs Program to understand food insecurity and the role we all play in reducing the stigma.
10/17	Collegiate Recovery Community Sober Tailgate Celebrate the biggest game of the year (MSU vs. Northwestern) in a fun and substance-free tailgate! Whether you're in recovery, sober-curious, or simply looking for a new way to enjoy the game, you're welcome here.
10/21-11/4 Wednesdays	Spartan Resilience Education: Becoming a Gatekeeper of Your Own Nervous System Wednesdays 12 to 1 p.m. Learn to recognize burnout and complete the stress cycle to reduce strain on body, mind, and spirit.
11/10-1/12	Spartan Resilience Education: Understanding Shame and Building Shame Resilience (Tuesdays) 12 to 1 p.m. Eight-session course focused on recognizing shame responses and building resilience through new tools and self-awareness.
11/11	WorkLife Well-Being: Burnout and Breaking the Stress Cycle 1 to 2 p.m. Explore how burnout shows up in thoughts, emotions, and day-to-day behavior, and why common "self-care" advice often isn't enough.

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