



# CELEBRATE PUBLIC HEALTH WEEK APRIL 5-10

**All events are free & open to the public**

## SUNDAY, APRIL 5

**9 PM**

Health Link on Air on WRVO FM

## Managing Stress to Maintain Health

**Donna Bacchi, MD, MPH**, Upstate Medical University

## MONDAY, APRIL 6

**SU Campus:**

**Peter Graham Scholarly Commons**

**1st Floor Bird Library**

## Monday Mile Lecture & Walk

**Noon - 12:45 PM: Mindfulness in Movement**

**Jill Catherine**, Spokesperson for Ophelia's Place 1st Floor Bird Library

**12:45 - 1:15 PM Monday Mile Walk** *using information gained through the lecture*

*RSVP required via the website: [healthymonday.syr.edu](http://healthymonday.syr.edu)*

*Sponsored by the Lerner Center for Public Health Promotion at Syracuse University*

**Noon - 1 PM**

**3509 Setnor Academic Building**

**Upstate Campus**

## Experience Yoga Nidra for Relaxation & Rejuvenation

**Cindy Yaple, E-RYT**, Infinite Light Center for Yoga & Wellness

Can be done in a chair, or bring yoga mat or beach towel to lie on

## TUESDAY, APRIL 7

**Noon - 1 PM**

**4507 Setnor Academic Building**

**Upstate Campus**

## Natural Stress Relief with Reiki

**Mary Riposo, PhD**, Infinite Light Center for Yoga & Wellness

## WEDNESDAY, APRIL 8

**Noon - 1 PM**

**2231 Weiskotten Hall**

**Upstate Campus**

## Grass Roots Public Health In Action: Upstate's She Matters Program

**Linda Veit, MPH, Shramika Adhikary, MD & MPH** Candidate, Upstate Medical University and **Lisa Bigelow**, Resident Educator

*Sponsored by the Diversity Lecture Series Committee*

## THURSDAY, APRIL 9

**Noon - 1 PM**

**3509 Setnor Academic Building**

**Upstate Campus**

## Explore Hypnosis to Manage Stress

**Joshua Kirnie**, Alternative Hypnosis

## FRIDAY, APRIL 10

**Noon - 1 PM**

**2507 Setnor Academic Building**

**Upstate Campus**

## Music for Wellness

**Clare Azenio, MME, MT-BC, CCLS**, Upstate Department of Pediatrics

**3 - 4:30 PM**

**Salvation Army,**

**677 South Salina Street**

**Syracuse**

## Children's Health Fair

Organized by the CNYMPH Students & Upstate Doctor of Physical Therapy Students

**UPSTATE**  
MEDICAL UNIVERSITY

Check out Morrison's menus and events in the Upstate cafeterias during National Public Health Week! For more information, contact Cindy Paikin: [paikinc@upstate.edu](mailto:paikinc@upstate.edu)

*Sponsored by the Department of Public Health and Preventive Medicine*