

CAMPUS CARES SYMPOSIUM: PROGRAM



9:00 A.M.

Wednesday, September 13th, 2023



WELLNESS AT UWM IN THE AFTERMATH OF COVID-19

Dimitri Topitzes, Ph.D.

The Campus Cares initiative has been integrating insights taken from campus research into programming across campus. The ultimate goal is to promote new practices that enhance the culture of well-being and caring.

9:20 A.M.



ARE WE COPING OURSELVES INTO WORSE ANXIETY?

Deidre Marsh, Ph.D., LCSW

One in ten U.S. adults report regularly experiencing feelings of worry, anxiety and nervousness. It's no wonder these are experiences anyone would gladly be rid of. However, research suggests that our ways of pursuing a stress-free life may be undermining our goals!

9:40 A.M.



NO SUCH THING AS A BAD MEDITATOR

Rebecca McAllister, DNP, RN, APNP

Do you have rapid thoughts, feel like you can't breathe correctly and get distracted? This talk will share the common pitfalls of why people don't think they can meditate.

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10:10 A.M.



THE POWER OF CREATIVITY TO CURATE WELLNESS

Leah Hortman

Black girl educator and spoken word artist, Leah Hortman focuses on teaching others how to curate wellness spaces using the power of creativity, equity and intentional conversation.

10:30 A.M.



DO YOU REALLY KNOW WHAT IS IN THAT SUPPLEMENT YOU ARE TAKING?

Carlynn Alt, PT, Ph.D.

The global dietary supplement industry is worth 152 billion dollars. There are cases where a supplement can be helpful, but it is buyer beware! This presentation will help us to become better consumers of the nutraceutical and supplement industry.

10:50 A.M.



HOW TO SUCCEED WHEN YOU'RE STRUGGLING: WHAT I WISH MY STUDENTS KNEW

Rose Hennessy Garza, Ph.D., MPH

We all struggle. It's just a matter of when, how and for how long. Most of us will not get through our academic careers without facing struggles. This talk will share five ideas to help students succeed when they struggle.

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11:20 A.M.



KINESIOLOGY: UNDERSTANDING THE CONNECTION BETWEEN PHYSICAL AND MENTAL WELL-BEING

John Holland, MS, CSCS, USAW

Using a holistic approach, this talk will empower students and athletes to achieve their highest physical potential while nurturing a strong, resilient mind that thrives under pressure.

11:50 A.M.



YOGA ANYWHERE!

Annie Melchior

Yoga has many health benefits, but can be hard to find the time to fit it in. Understand the benefits of yoga and how to incorporate it into your daily life.