Wellness Week 2026

Audio	Video
[Marie] This is a sixth annual Wellness Week. We're celebrating	Large group in a gym on laying mats doing leg raises
the health and wellbeing of the whole campus. So the week is dedicated to supporting better nutrition,	Group of students preparing food in front of an audience in a test kitchen
movement, emotional health, as well as social connectivity. We are hosting tai chi classes. Pure Barre classes,	Different groups in a large gym going through a Tai Chi workout and then on mats doing plank exercises
We're doing a Chopped Geaux Goods Edition, that focuses on food from our food pantry, as well as	Judge in kitchen with 2 plates of food on table and the student chefs looking on then a tight shot of one of the plates with meatballs and quinoa
emotional regulation classes and even a	Large group in a gym doing shoulder rolls
Social Friday where we will have food trucks,	Lady outside receiving a plate of food from a food truck window
community vendors, as well as	Person buying something from a vendor with a table full of different gift items
chair massage therapists and	Woman working on the back of a lady sitting in a massage chair
a DJ just to offer a lot of fun.	Lady talking to a vendor at the social event
Wellness is important for our institution because health and well-being really influences	Group of people in a gym standing and doing knee raises
everything that we do. The way we work, how well we learn, the way we even treat others and interact with others. So we're hoping by the end of the week,	Woman with dark hair pulled over one shoulder, wearing a sleeveless beige dress in front of a colorful mural Text: Marie Vazquez Morgan, P T, P H D Director, Institutional Wellness
the participants that come out to Wellness Week will be able to incorporate one healthy habit that they learned this week	People in a gym doing Tai Chi and laying on mats exercising
and be able to do so in their daily lives.	Four students in a counter in a test kitchen chopping veggies, heating a pan on the stove, pouring broth and prepping chicken.