

Upcoming Events

Date	Time	Program	Location
Thursday, September 19	12pm - 1pm	NEW Courtyard Concerts	Dentistry Courtyard / Willard Science Building
Tuesday, September 24	11am - 12pm	Colors and Connection	Willard Science Building Dean's Conference Room MN 136
Wednesday, October 9	12pm - 1pm	Sway2Go	BBSRB / Healthy Kentucky Research Building Atrium Area
Thursday, October 17	12pm - 1pm	Courtyard Concerts	Dentistry Courtyard / Willard Science Building
Tuesday, October 29	1pm - 2pm	Colors and Connection	Willard Science Building Dean's Conference Room MN 136
Tuesday, November 12	12pm - 1pm	Sway2Go	BBSRB / Healthy Kentucky Research Building Atrium Area
Monday, November 25	12pm - 1pm	Colors and Connection	Willard Science Building Dean's Conference Room MN 136
Wednesday, December 11	12pm - 1pm	Sway2Go	BBSRB / Healthy Kentucky Research Building Atrium Area
Thursday, December 12	12pm - 1pm	Colors and Connection	Willard Science Building Dean's Conference Room MN 136
Tuesday, January 7, 2025	12pm - 1pm	NEW Visual Explorer	Willard Science Building Dean's Conference Room MN 136
Thursday, January 16, 2025	12pm - 1pm	Sway2Go	BBSRB / Healthy Kentucky Research Building Atrium Area
Monday, January 27, 2025	12pm - 1pm	Colors and Connection	Willard Science Building Dean's Conference Room MN 136

Program Descriptions

Courtyard Concerts: Music provides a gateway to improved health and wellness, yet it is often overlooked as a mood-enhancing activity in our learning and workspaces. Join us for an hour of live music with the Lexington Singers this fall!

Colors and Connection: Developed by The Foundation for Art & Healing, this program uses color as a medium for self-expression, personal reflection, and engagement with others. Relaxing and enjoyable way to meet new people. No art experience required.

Sway2Go: Looking for a way to smile, reduce stress, listen to music, exercise and meet new colleagues? Have fun while you transition your everyday walking motions into basic social dance patterns. No partner or social dance experience needed to participate in this program developed by the University of Kentucky.

Visual Explorer: Grounded in years of research, developed by the Center for Creative Leadership, this program uses images to facilitate powerful conversations. If you are looking for moments to reflect, converse, and consider work and life possibilities this program is for you! New for 2025!



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