

The Department of Psychological Sciences Wellness Bulletin

North Union Farmers Market at University Hospitals



The North Union Farmers Market will open at University Hospitals Thursday, June 7, and will return every Thursday until Sept. 27. They will sell a variety of produce, goods and options for lunch from 10:30 a.m. to 1:30 p.m. in front of Lakeside Building at University Hospitals (2065 Adelbert Road).

Nature in University Circle

Case Western Reserve University is one of the many institutions in University Circle that make our area a cultural hub. As we welcome new members to our community this month, we will highlight some of the local resources that make our neighborhood thrive. For students, some of the local attractions are available at a free rate through the [Free Access Program](#).

You can also visit "See What Cleveland Has to Offer-Free for CWRU Students at the following link :
<https://students.case.edu/traditions/freeaccess/>



September 7, 2018
Friday 6:30 PM (on various days)
[Squire's Castle](#)
River Road
Willoughby, Ohio 44094
[Map](#)

- [Find Tickets eventbrite.com](#)

Squire's Castle Yoga

Donation based yoga classes every Wednesday evening at 6:30 pm on the lawn of Squire's Castle. Enjoy moving, breathing and flowing through your yoga practice while enjoying the beauty of the castle. Classes are 1 hour and suitable for all levels.



Flowing with the Fishes! in Cleveland

September 30, 2018
Sunday 8:30 AM
[Greater Cleveland Aquarium](#)
2000 Sycamore Street
Cleveland, Ohio 44113
[Map](#)

- [Find Tickets](#)

Yoga at the Greater Cleveland Aquarium!
Enjoy breathing, moving and flowing through your yoga practice surrounded by the beauty and serenity of aquatic life. Classes are 1 hour and are suitable for all levels. Lets flow under the sea!



Cheese Melt

Spread ½ teaspoon of spicy mustard on a cocktail-size slice of thin whole-grain rye bread. Add a thin square of sharp Cheddar (about the same size as the bread) and broil until the cheese melts, then top with a slice of tomato and a sprinkling of caraway seeds.

Health bonus: Rich in calcium.



September 2, 2018
 Friday 7:00 PM
[Edgewater Park](#)
 Edgewater Park 6500
 Cleveland Memorial
 Shoreway NW, Cleveland
 West Side/Ohio
 City/Tremont/Detroit
 Shoreway OH 44102
 Cleveland, Ohio
[Map](#)
<https://www.eventbrite.com/e/lakeside-intuitive-yoga-sound-bath-tickets-47716430127?aff=aff0eventful>

Cooking with Chef Eric Wells: Taste of Italy in Cleveland



September 7, 2018
 Friday 7:30 PM
[Cornucopia Place](#)
 7201 Kinsman Road
 Cleveland, Ohio 44104
[Map](#)

- [Find Tickets](#)

Cooking with Chef Eric Wells: Taste of Italy

Participants must arrive by 7:15 and are encouraged to bring beverages! Class Theme: Taste of Italy Class Menu: -Grilled Radicchio and Romaine Salad with Roasted Garlic Balsamic Vinaigrette -Tomato and Basil Bruschetta -Wild Mushroom Risotto -Fresh Fettuccini Alfredo with Chicken and Broccoli -Chocolate Chip Cannoli with Citrus Zest



Celery Sticks With Hummus and Olives

Dividing evenly, top 3 celery sticks with 3 tablespoons hummus and 3 sliced kalamata olives.

Pockets of PARMAdise: Outdoor Yoga + Mimosas in Cleveland

September 15, 2018

Saturday 10:00 AM

[The Balancing Flamingo Yoga Lounge](#)

6060 Broadview Road

Cleveland, Ohio 44134

[Map](#)

- [Find Tickets](#)

The Little Birdie Wine Nest's NEW yoga + fitness studio - The Balancing Flamingo Yoga Lounge is incredibly excited to partner with Mayor Timothy J. DeGeeter + The City of Parma as well as West Creek Conservancy to bring an OUTDOOR YOGA 216-785-9922
 Cost: [10.00](#)



Mental Health and School Safety Conference in Independence

September 13, 2018

Thursday 8:00 AM

[DoubleTree by Hilton Hotel Cleveland - Independence](#)

6200 Quarry Lane

Independence, Ohio 44131

[Map](#)

- [Find Tickets eventbrite.com](#)

Please join us for this ONE DAY ONLY seminar as we explore the multifaceted issues surrounding mental health and safety in today's classroom. National Experts at a Local Level! Early Registration Discounts! Contact Hours! Discounts Available for Multiple Attendees from Same School/District! Dr. Poland will present on Suicide Prevention, Crisis Management, Mental Health, Postvention, and More! More Info Mr. Trump will present on School Safety, Security Assessments, Emergency Planning, Safety Communication, the Media, and More!