

Student Life Experience Programming

How does this work?

1. **Register at each event.** Seating available on a first come first serve basis.
2. **To list on your Co-Curricular Transcript and qualify for a Certificate of Participation attend at least one session of**
A Joyful Get together (October 8 & 10 at 13:45)
and one of the following:
 - Laughing Yoga (October 9 at 11:00, or October 10, at 19:30)
 - The Let Go Project (October 11 at 15:00)
 - Acropolis Sunrise Meditation (October 12 at 6:00)

3. What's in it for me? What will I learn?

Through the Student Life Experience Programming, Deree students develop transferable skills that will appear on their Co-Curricular Transcript.

"Happiness" learning objectives:

1. Recognize the importance of making life choices that lead to fulfillment and joy.
2. Identify the sustainable choices at Deree directed towards a happy habitat: Plastic Free.
3. Realize the importance of choosing the right career for you.
4. Find your inner peace.
5. Explore the different choices available on and off campus for healthy eating, a variety of exercise programs, and stress relief.
6. Practice Laughing Yoga.
7. Practice having a non-judgmental attitude and forgiveness.
8. Learn how to let go of both material items and negative thoughts.
9. Discover how to get involved with Deree student life.

We look forward to seeing you there!

Special thanks:

- Better Days for Strays Club, ACG
- Center of Excellence for Sustainability, ACG
- College Events and Special Programs, Human Resources and Campus Services, ACG
- Debate Club, ACG
- Health & Social Awareness Club
- HOPEgenesis NGO
- Institute of Public Health and the George D. Behrakis Research Lab, Hellenic Cancer Society (HCS)
- Self Awareness and Meditation Club, ACG
- FaZoo Animal Shelter / Koropi
- Marketing and Communication Office, ACG
- MUN Club, ACG
- Music Department, ACG
- Deree Media Center, ACG
- Office of Athletics, ACG
- Office of Career Services, ACG
- Office of Development and Alumni Relations, ACG
- Office of Operations, ACG
- Office of Public Affairs, ACG
- Office of Procurement, ACG
- Technical Services, ACG

Supported by:

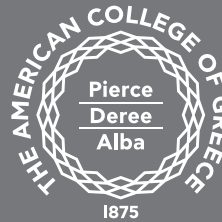
DēLonghi Group



KENWOOD
CREATE MORE



Mind Body Spirit Fest 2019



Happiness

October 8-12

Organized by: ACG Health & Wellness Center

TUESDAY, OCT. 8

13:50-15:00

Student Lounge

A Joyful Get Together (session I)

A chat, an experience, laughter. Inspirational individuals share with us their approach to finding happiness.

Exploring Happiness through Journaling (hands-on experience)

Eva Alevra | Holistic Psychologist

Getting to know Isabella (a chat and Q&A's)

Isabella Vlassiadou | Actress, mother, (life) lover
 Supported by: *Vassia Comis | Executive Director, College Events & Special Programs Human Resources and Campus Services*
 Moderator: *Sophie Themelis | Wellness Coordinator, Pilates Instructor, ACG H&W Center*

WEDNESDAY, OCT. 9

11:00-11:50

Studio 1/ Deree Gym

Laughing Yoga

Who says exercise is not fun and happy!
Lucy Konstandinidou | Master Trainer, Yoga Instructor, Office of Athletics

12:00-14:00

Main Corridor

Salad Bliss

Sample tasty, healthy salads
 Health & Social Awareness Club
 ACG H&W Center

14:00-16:00

Main Corridor

Home Sweet Home.

Finding stray dogs happy homes
Better Days for Strays Club
FaZoo Animal Shelter / Koropi

14:00-16:00

Main Corridor

Fall Activities Fair

Deree clubs, societies and organizations share what makes them happy
Office of Student Affairs

15:00-16:00

Student Lounge

Happiness Food Hub

Come and taste homemade feel-good food by ACG community members
Sophie Themelis | Wellness Coordinator, Pilates Instructor, ACG H&W Center

THURSDAY, OCT. 10

12:00-14:00

Main Corridor

Happiness in a Jar

Sample tasty, healthy and creative smoothies
Debate Club and MUN Club
 ACG H&W Center

12:00-14:00

Main Corridor

Salad Bliss

Sample tasty, healthy salads
 Health & Social Awareness Club
 ACG H&W Center

13:45-15:00

Faculty Lounge

A Joyful Get Together (session II)

A talk, an experience, a song. Inspirational individuals share with us their approach to finding happiness.

Happiness is carrying the whole world inside you

The joy of expectancy as an opportunity for connection and love for the couple and family
Eleni Tsiara | Midwife, Mental Health Counselor
 HOPEgenesis NGO
 Supported by: *Center of Excellence for Sustainability*

Self-improvement and Happiness

Inspiring interactive keynote on how self-improvement affects happiness & why balance is important
Nancy Mallerou | PhD, Life coach, Author, Speaker/Life Clinic Group Founder & CEOLife coach
 Supported by: *Center of Excellence for Sustainability*

I am so Happy

Sing and the world sings with you
Deree Choir & Music Society
 Supported by: *Effi Minakouli | Associate lecturer, Music department*
 Moderator: *Christina Drakonakis | Associate Dean of Students, Office of Student Affairs, ACG H&W Center*

19:30-20:20

Studio 1 / Deree Gym

Laughing Yoga

Who says exercise is not fun and happy!
Lucy Konstandinidou | Master Trainer, Yoga Instructor, Office of Athletics

FRIDAY, OCT. 11

12:00-14:00

Main Corridor

Happiness in a Jar

Sample tasty, healthy and creative smoothies
Debate Club and MUN Club
 ACG H&W Center

14:00-15:00

Deree Student Lounge

The Let Go Project I

Do not let negative thoughts, people, relationships and experiences weigh you down. Have your picture taken by talented photographers, as you let go. Hands-on experience
George Spanoudakis | Deree Student
James Hector Voutsas | Deree student
Sophie Themelis | Wellness Coordinator, Pilates Instructor, ACG H&W Center

15:00-16:00

Deree Student Lounge

The Let Go Project II

Finding happiness means getting rid of things you do not really need. Join us and learn the art of decluttering.
Maria Laiou | P' 95, Free spirit in pursuit of happiness

SATURDAY, OCT. 12

6:15 -11:00

Meeting point: Acropolis Metro Station (red line) at 6:15.
 Meditation site: "Vrahakia"

Rise & Be Happy: Acropolis Sunrise Meditation

Awaken with the sunrise, celebrate the joy of early rising from the stillness of sleep to an outward expression of joy. An exotic cup of tea is served.
Facilitator: Sophie Themelis | Wellness Coordinator, Pilates Instructor, ACG H&W Center
 Supported by: *Deree Self-Awareness & Meditation Club*

ALL WEEK 11:00-15:00

Displays

Happiness Photo Contest

Happy moments captured on film, ACG H&W Center

Famous Quotes, ACG H&W Center**Happiness from a child's point of view**

Drawing display by Summer Camp children, ACG H&W Center

Find your happy place at work!

"Choose a job that you like and you will never have to work a day in your life" - Confucius
Office of Career Services

Happy Habitat

Center of Excellence for Sustainability
 Supported by the *Institute of Public Health and the George D. Behrakis Research Lab, Hellenic Cancer Society (HCS)*

Happiness is carrying the whole world inside you

The joy of expectancy as an opportunity for connection and love for the couple and family
 HOPEgenesis

Games

Playtime

Hopscotch, Life-size Snakes & Ladders, Races
Deree Student Association

Freebies

Deree Main Corridor

Happiness is Chocolaaaaaaaaaaaaate!

Savor quality chocolate, it makes life better!
Tony's Chocolonely, pbrands

Happiness is an Attitude!

Pick up your Happiness Stone and choose to be happy:
 ACG H&W Center

Happiness in a Bottle

Pick up your Essential Oil Blend for blissful indulgence:
 ACG H&W Center

Know the Facts, ACG H&W Center

- Happiness
- Happy Gut Happy You

11:00-22:00

Deree Gym, Deree Pool

Movement = Joy and Happiness

(Days & Times separate attachment)
Aqua Fitness | I. Ioannou. Swim Coach, Office of Athletics
Power Pilates | S. Themelis, Wellness Coordinator, Pilates Instructor, ACG H&W Center
TRX, D. Lioassis | Fitness Coach, Group Fitness Instructor, Office of Athletics
Yoga, Abs&Legs, Zumba | L. Kostandinidou, Trainer, Group Fitness Instructor, Office of Athletics
Body Sculpt, Total Fitness, Pilates Mat, Total Step, Total Bars | A. Katsafadou, Fitness Coach, Group Fitness Instructor, Office of Athletics
Body Art | A. Terzopoulou, BodyArt Instructor, ACG