

Day of Well-being

On-site well-being fairs for JHU faculty and staff

Your well-being is important. Take some time to yourself to learn about the well-being benefits available to you at JHU. The Day of Well-being is your opportunity to engage in fun and healthy activities, talk with our various vendors, and participate in seminars and fitness classes based on your interests.

Monday, April 7 - East Baltimore Campus

10:00 am to 2:00 pm

Turner Concourse

720 Rutland Avenue

[Add to Calendar](#) >

[Seated Massage](#) >

Tuesday, April 8 - DC Campus

10:00 am to 2:00 pm

Bloomberg Center

555 Pennsylvania Ave NW

[Add to Calendar](#) >

[Seated Massage](#) >

Monday, April 14 - Homewood Campus

10:00 am to 2:00 pm

Levering Hall Glass Pavilion

3400 N Charles St

[Add to Calendar](#) >

[Seated Massage](#) >

What to Expect

- Seated chair massage
- Fitness demonstrations
- Seminars
- Mindful mandala coloring
- Make your own heating pad
- Cooking demonstration
- Free resources and education



QUESTIONS? EMAIL WELLNESSPROGRAMS@JHU.EDU

VIEW THIS FLYER ON YOUR PHONE

