



WELL

RETREAT

20 May 2022

Austin Peay State University

Program Schedule

8:30 - 10am

Ballroom B&C: Breakfast, Morning Chat,
& Welcome from the LIT Committee

10 - 11am

Room 305: Labyrinths in the Library with
Andrew Foskey

11am - Noon

Room 307: Journaling for Creative
Organization with Grace Therrell

Room 305: Pedagogy of Self-Care with
Dr. Amanda Patrick & Dr. Adriane M. F.
Sanders

Ballroom B & C: Noon - 1pm
Mediterranean Buffet

*Room 310:
Yoga Room*

**OPEN
ALL DAY**

Program Schedule

1 - 2:30p

Room 307: Starting a Meditation Practice
with Liz Norell

Room 305: Imposter Phenomenon Talk
"Therapy" Roundtable with Caitlin
Harrington

2:30p

French Exit to Strawberry Alley Ale
Works

*Room 312:
Quiet Room*

**OPEN
ALL DAY**

**CULTURE
COMFORT**

**c o m m
u n i t y**

