IHST SCAVENGER HUNT!
“York University acknowledges its presence on the traditional territory of many Indigenous Nations. The area known as Tkaronto (Toronto) has been care taken by the Anishinabek (a-nish-na-bek) Nation, the Haudenosuanee (ho-dee-no-sho-nee) Confederacy, the Wendat, and the Metis. It is now home to many Indigenous Peoples. We acknowledge the current treaty holders and the Mississaugas of the New Credit First Nation. This territory is subject of the Dish With One Spoon Wampum Belt Covenant, an agreement to peaceably share and care for the Great Lakes Region.”
<table>
<thead>
<tr>
<th>Time</th>
<th>Overview</th>
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<tbody>
<tr>
<td>2:00pm - 2:45pm</td>
<td>Scavenger Hunt</td>
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<tr>
<td>2:45pm - 5:00pm</td>
<td>Academic &amp; College Programming</td>
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<tr>
<td></td>
<td>● Connecting with your College: Welcome from the Calumet College Master</td>
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<td>● Health and Wellness for Academic Success: Mindfulness</td>
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<td>● Succeeding in Global Health: Welcome from the Program Coordinator</td>
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<td>● Becoming an Agent of Change</td>
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<td>● Getting Involved within Global Health, Calumet College, and York</td>
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<tr>
<td>5:00pm - 6:00pm</td>
<td>Faculty of Health Dinner</td>
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<td>6:00pm - 6:30pm</td>
<td>Parade to Lion’s Stadium</td>
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<tr>
<td>6:30pm - 8:00pm</td>
<td>Welcome Ceremony</td>
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</table>
#WeAreYU
A LITTLE ABOUT ME!
BODY BREAK
Get Up & Dance!

The Evolution of Mom Dancing
Connecting with your College
Welcome from the Calumet College Master
KAHOOT.IT

Get your phone, tablet or laptop out now!
HEALTH AND WELLNESS FOR ACADEMIC SUCCESS: MINDFULNESS
The Scientific Power of Meditation
Mindfulness Activity

Let’s try a 1 minute meditation exercise together!
SUCCEEDING IN GLOBAL HEALTH
Welcome from the IHST Program Coordinator
Yoga is a great relaxation tool. While studying, take a break and practice simple yoga poses to help refresh your mind.
Becoming an Agent of Change

Be the spark.
Have an idea for a healthy initiative?
Get your idea funded.
Getting Involved
A message from GHSA and CCC
Closing Remarks

calumet.yorku.ca
#CalumetCougar
http://ca.studentvoice.com/yu/yod17

Your Feedback Please!
Dinner on the Ross Podium!
Welcome Ceremony