

Congregated Wellness- GNED 1023 (ALC)

Description and Schedule

Course Dates: February 15, 2024 – May 23, 2024

Welcome to Loyalist College! We are pleased that you have the opportunity to join us and we look forward to seeing you this semester. Please carefully review the information provided below.

All courses are subject to change. Please check back regularly for course updates and schedule confirmations.

DESCRIPTION

What we eat, how we move and how we manage stress all have profound effects on our lives and our learning. Wellness explores the basics of physical, emotional and spiritual health and the importance of balancing these areas. Healthy nutrition and lifestyle activities will be discussed, practical stress-management techniques will be demonstrated and spiritual connections to our creativity are explored. Students will take part in a variety of exercises in a friendly environment.

SCHEDULE OF CLASSES AND IMPORTANT DATES

Classes will run at Loyalist College on Wednesdays from 9am-12pm.

- February 15, 2024 – *Classes begin (first day of class is mandatory).*
- April 18, 2024 – *Last day to withdraw without academic penalty***
- May 23, 2024 – *Final class*

Please note the class schedule is subject to change.

No Classes will be held during March Break (March 11th – 15th)

****Withdrawal Dates and Withdrawal Process**

- Program withdrawals without academic penalty: Withdrawal (W) grades will be issued, rather than Incomplete (I) or Failure (F)
- It is your responsibility to ensure that the SCWI Office is notified, in writing, about your decision to withdraw from a program (including dual credits) at Loyalist College. Withdrawal forms are available through your Dual Credit or Loyalist College Contact. Students who do not officially withdraw are considered to be registered and will receive failing grades on their transcript.
- **Please note that failure to attend does not constitute a withdrawal.** Students who stop attending and do not follow proper withdrawal procedures will be recorded as having failed the course.

CONTACTS

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