



ROBIN RUBIN CENTER FOR HAPPINESS AND LIFE ENHANCEMENT

College of Social Work and Criminal Justice



SCAN HERE

2026-2027: WELLNESS CALENDAR

SEPTEMBER

The Power of Mattering: Helping Others Feel Seen, Heard, & Valued

Facilitator: Robin Rubin, MSW

When: Sept 15, 2026 | Noon-1PM **Where:** SO-44, Room 112

Meditation

Facilitator: Johanna Paredes

When: Sept 10 & 24, 2026 | Noon - 1PM **Where:** SO-44 Room 114

Resilience in Action: The Bounce Back Approach

Facilitator: Allyson Tomchin, LCSW

When: Sept 29, 2026 | Noon- 1PM **Where:** SO-44, Room 112

OCTOBER

Why Eating Less Doesn't Always Mean Feeling Better

Facilitator: Dr. Elena Alisma

When: Oct 6, 2026 | 5:30PM-6:30PM **Where:** Online via Zoom

Mindfulness Walk & Bird Talk

Facilitator: Kyle Matera, LCSW

When: Oct 30, 2026 | 9AM-11AM **Where:** Green Cay Nature Center & Wetlands

Yoga

Facilitator: Campus Rec

When: Oct 5 & 19, 2026 | Noon - 1PM **Where:** SO-44 Room 114

Meditation

Facilitator: Johanna Paredes

When: Oct 8 & 22 2026 | Noon - 1PM **Where:** SO-44 Room 114

NOVEMBER

The Foundation of Wellness: Why Supporting Your Body Comes Before Solving Symptoms

Facilitator: Coach Rebecca Ratto

When: Nov 10, 2026 | 5:30PM-6:30PM **Where:** Online via Zoom

Yoga

Facilitator: Campus Rec

When: Nov 9, 2026 | Noon - 1PM **Where:** SO-44 Room 114

Meditation

Facilitator: Johanna Paredes

When: Nov 12, 2026 | Noon - 1PM **Where:** SO-44 Room 114

DECEMBER

Meditation

Facilitator: Johanna Paredes

When: Dec 10, 2026 | Noon - 1PM **Where:** SO-44 Room 114

FEBRUARY

Mindfulness Walk & Bird Talk

Facilitator: Kyle Matera, LCSW

When: Feb 20, 2027 | 9AM-11AM **Where:** Green Cay Nature Center and Wetlands

Breaking the Silence: Mental Health Stigma & Support

Facilitator: Withney Bichotte-Germain, LCSW

When: Feb 23, 2027 | 5:30PM-6:30PM **Where:** Online via Zoom

Yoga

Facilitator: Campus Rec

When: Feb 8 & 22, 2027 | Noon - 1PM **Where:** SO-44 Room 114

Meditation

Facilitator: Johanna Paredes

When: Feb 11 & 25, 2027 | Noon - 1PM **Where:** SO-44 Room 114

MARCH

From Burnout to Balance

Facilitator: Carolyn Rubenstein, PhD

When: Mar 16, 2027, 5:30PM-6:30PM **Where:** Online via Zoom

Yoga

Facilitator: Campus Rec

When: Mar 22, 2027 | Noon - 1PM **Where:** SO-44 Room 114

Meditation

Facilitator: Johanna Paredes

When: Mar 25, 2027 | Noon - 1PM **Where:** SO-44 Room 114

APRIL

The Power of Good Quality Sleep

Facilitator: David Landsman-Wohlsifer, PhD, LCSW

When: April 6, 2027 5:30PM-6:30PM **Where:** Online via Zoom

Blue Health: Restoring Calm Through Water & Movement

Facilitator: Stoked on Life Palm Beach

When: April 17, 2027 | 9:30AM-11AM **Where:** Carlin Park

Yoga

Facilitator: Campus Rec

When: Apr 5 & 19, 2027 | Noon - 1PM **Where:** SO-44 Room 114

Meditation

Facilitator: Johanna Paredes

When: April 8 & 22, 2027 | Noon - 1PM **Where:** SO-44 Room 114

To learn more, please email the Robin Rubin Center for Happiness & Life Enhancement at Happiness@fau.edu