



An AANHPI Grant Leadership Initiative

Asian Pacific Islander Student Success Center
Pacific Islander Asian American Program
Student Leadership and Involvement Center

ELEVATE
»YOURSELF »» OUR COMMUNITY »»» OUR VISION



API WELL-BEING DAY

Flourish

CAL STATE EAST BAY

EAST ASIAN · NATIVE HAWAIIAN · PACIFIC ISLANDER · MIDDLE EASTERN · SOUTH ASIAN · SOUTHEAST ASIAN

FRIDAY, APRIL 18

9 AM – 6:30 PM
STARTS AT THE DISC
(SOUTH UU 1005)

Join us for a day of healing, connection, and culture! Experience community, resilience, and well-being through engaging activities that nurture your mind, body, and spirit. Let's flourish together!





EVENT SCHEDULE

09:00 AM – SIPS & STRIDES
 09:30 AM COFFEE, TEA, & JUICE TO START OUR DAY

DISC (UU1005)
 SOUTH UNIVERSITY UNION

09:30 AM – COMMUNITY WALK
 10:15 AM MORNING SOCIAL MIXER

DISC (UU1005)
 SOUTH UNIVERSITY UNION

10:15 AM – YOGA & MEDITATION
 10:45 AM GROUNDED IN BREATHWORK

BOOKSTORE LAWN
 UNIVERSITY BOOKSTORE

11:00 AM – PAINT & SIP
 12:00 PM THE WORLD IS YOUR CANVAS WITH PIAA

API SSC (UU2002A)
 SOUTH UNIVERSITY UNION

12:30 PM – LUNCH + KEYNOTE WORKSHOP
 02:00 PM BODYWORKS COACHING – JENNIE TIAN, ACC · CPCC

UU 311
 NORTH UNIVERSITY UNION

02:30 PM – MASSAGE THERAPY
 04:00 PM ROOT REVIVAL BODYWORK – IJAY ESPINOZA, CMT

API SSC (UU2002A)
 SOUTH UNIVERSITY UNION

03:00 PM – NOURISH TO FLOURISH
 04:00 PM EATING FOR WELLNESS WITH RAW

FOOD COURT (BY WILD BLUE)
 NORTH UNIVERSITY UNION

04:00 PM – COMMUNITY MIXER
 04:45 PM AFTERNOON SOCIAL & ROUNDTABLES

EL DORADO HALL
 UNIVERSITY HOUSING – PIONEER HEIGHTS

04:45 PM – KAVA & KARAOKE
 06:30 PM CULTURAL PRACTICE & GATHERING

EL DORADO HALL
 UNIVERSITY HOUSING – PIONEER HEIGHTS