Your Weekly Work Up of What’s Happening This Week In REC RESOLUTIONS

WEEK 3 - FEB 22nd

UPCOMING EVENTS

VIRTUAL RIDE
Monday, Feb 22nd
6:30pm - 7pm
MAC Court

FITNESS TRAINER COURSE
Feb 26th - Mar 12th

MENTAL HEALTH

Health and wellness encompasses all aspects of you!

When people think of the rec center, they think about physical improvement. Your mental health should also be considered at least equally or even more than your physical health! In this webinar, we have special guest Russell Argenal. We will discuss different areas of mental health, such as anxiety and stress. We will also discuss ways to improve your mental health, like self-education and coping strategies. Let us help you be the best version of yourself!

Russell Argenal
Russell Argenal is a Wellness Educator for the Department of Wellness Promotion in Student Wellness at UNLV. He is also a Part-Time Instructor for the School of Public Health and a current PhD Student in their Social and Behavioral Track.

On a day-to-day basis, Russell conducts wellness workshops for students covering a wide range of health topics. Topics include: mental health, sexual health, alcohol and other drugs, nutrition, sleep hygiene, and COVID-19. Russell is also a certified HIV counselor for the State of Nevada, and has led the Free HIV Testing Program through Student Wellness at UNLV since 2019. Russell also focuses a lot of his research on exploring health issues and disparities among sexual and gender minorities, as well as Asian American and Pacific Islanders.

For more information, visit the Rec Resolutions website.

WATCH
Rec Res Webinar: Mental Health

WATCH
Pilates Workout with Erin Azua