**Weekly Events**

**Joe Schwartz 3k Training Contest**  
Everyday (Jan. 30 onward) in the GIAC Fitness Center. Contact: Cory Walts, cwalts@haverford.edu.

**Mindfulness Skills Training Group**  
Held every Thursday in February. To register, contact Rebecca Ergas of CAPS, rergas@haverford.edu.

**Meditation Group Meeting**  
Sundays, 2pm in Campus Center 207. Contact: Madison Arnold-Scerbo ’18, marnoldsce@haverford.edu.

**CCPA Career Lab:**  
a four-session seminar to help students explore career interests and work towards summer opportunities.  
Feb 16, Feb. 23, Mar. 2, & Mar. 16, 12-1 p.m. in the CCPA. Contact: Natasha Weisz, nweisz@haverford.edu.  
Register by Feb. 10 at bit.ly/2jYf1Ex.

**Yoga Groups**

**Wednesdays, 4:30-5:45 p.m. in Campus Center 207. Contact: Rebecca Ergas of CAPS, rergas@haverford.edu.**

**Wednesdays, 7-8 p.m. and Sundays, 6:30-8 p.m. in the GIAC Multipurpose Room. Contact: Susan McCabe, smccabe1@haverford.edu.**

**Fridays, 2-3 p.m. and Sundays, 1-2 p.m. in the GIAC Multipurpose Room. Contact: Syndey Dorman ’19, sdorman@haverford.edu.**

**Quiet Reflection Spaces (Mon-Fri)**  
These spaces have been reserved by the OAR so that you can access a peaceful space dedicated to quiet reflection and meditation. No sign-up is needed - just walk right in.

**Gest 2nd Floor Lounge (Founders Hall)**  
9-10 a.m.  
**Campus Center Room 207**  
12-1 p.m.  
**Magill 2nd Floor Lounge**  
6-7 p.m.
January Events

27 “Mind on the Prize: How focusing on the present can lead to greater success in the future.”
A talk by Pat Croce, former President of the Philadelphia 76ers.
Fri. Jan. 27th at 7 p.m. in Stokes Auditorium, with dinner in the OAR at 6:30 p.m.
Please RSVP by emailing hc-oar@haverford.edu.

February Events

3 Workshop: Focus and Productivity
Fri. Feb 3rd at 3pm. in Stokes 118K
Contact: hc-oar@haverford.edu.

9 Calm Clarity: a workshop that uses neuroscience to teach resilience amid hardship.
Led by Due Quach, author of “Poor and Traumatized at Harvard.”
Thurs. Feb 9th, 6:30-9pm. in Stokes Auditorium, with follow-up sessions
Contact: hc-oar@haverford.edu.

March Events

2 Reading Rainbow
Reading Rainbow is the OAR’s book-based narrative-sharing event featuring Haverford faculty, staff, and students.
Thurs. March 2nd at 4 p.m. in Stokes 106 (MCC). Contact: hc-oar@haverford.edu.

April Events

24 Joe Schwartz 3K Memorial Run/Walk
Sun. April 24, 12:30-2:30 p.m. on Founder’s Green. Contact: Cory Walts, cwalts@haverford.edu.

(re)Act Community Conversation
Fostering open dialogue among members of the Haverford community. Held regularly on Fridays.
Fri. Feb. 10th at 12:30 p.m. in Stokes 104 (CPGC Cafe).
Contact: Stephanie Zukerman, szukerman@haverford.edu.

Workshop: Time Management
Mon. Feb 13th from 4-5pm. in Stokes 118K.
Contact: hc-oar@haverford.edu.

‘Fords on Friday-Friends in business:
Bringing your deepest personal values into the workplace.
Fri. Feb. 17th from 12-1:30 p.m. in the DC Bryn Mawr Room.
Contact: Amy Feifer, afeifer@haverford.edu.

Workshop: Procrastination
Wed. Feb 22rd from 4-5pm. in Stokes 118K.
Contact: hc-oar@haverford.edu.

All dates, times, and locations are subject to change. For further announcements, follow the OAR on: 

facebook
twitter
instagram