

ENTERING THE OPTOMETRY FIELD AFTER CONCORDIA - DR. BEN CAHOON

Monday, April 4th @ 12:00 pm

Room HA017

Concordia Alumnus Dr. Ben Cahoon will be returning to campus to give a presentation to all students interested in learning more about a career in Optometry.

This event is hosted by Concordia's Pre-Optometry Club. For more info: ksomji1@student.concordia.ab.ca

Extended Library Hours

During final exams: April 2 - 17, 2016



Monday - Thursday: 7:30 am - 9:00 pm

Friday*: 7:30 am - 5:00 pm

Saturday*: 10:00 am - 7:00 pm

Sunday: 10:00 am - 7:00 pm

*Friday April 15: 7:30 am - 9:00 pm

*Saturday April 16: 8:00 am - 7:00 pm

Click Here 

CAFETERIA MENU: APRIL 4-APRIL 8

MONDAY: Cheese Tortellini Marinara \$7.99

TUESDAY: Salisbury Steak Mushroom Sauce Glazed Carrot Mashed Potato. No gluten \$9.99

WEDNESDAY: Cajun Pork Loin Corn Niblets Roast Potatoes No gluten \$9.99

THURSDAY: Chicken Breast Cacciatore, Herbed Rice Pilaf Sautéed Zucchini No gluten \$9.99

FRIDAY: Swedish Style Beef Meat Balls Mashed Potatoes Sautéed Green Bean \$9.99



Student Success

Workshop:

HOW TO ACE YOUR FINAL EXAMS

Learn study and test taking tips to ace your final exam!

Tue, April 5 @ 5:00 - 5:45pm in HA010

Wed, April 6 @ 12:00 - 12:45pm in S308

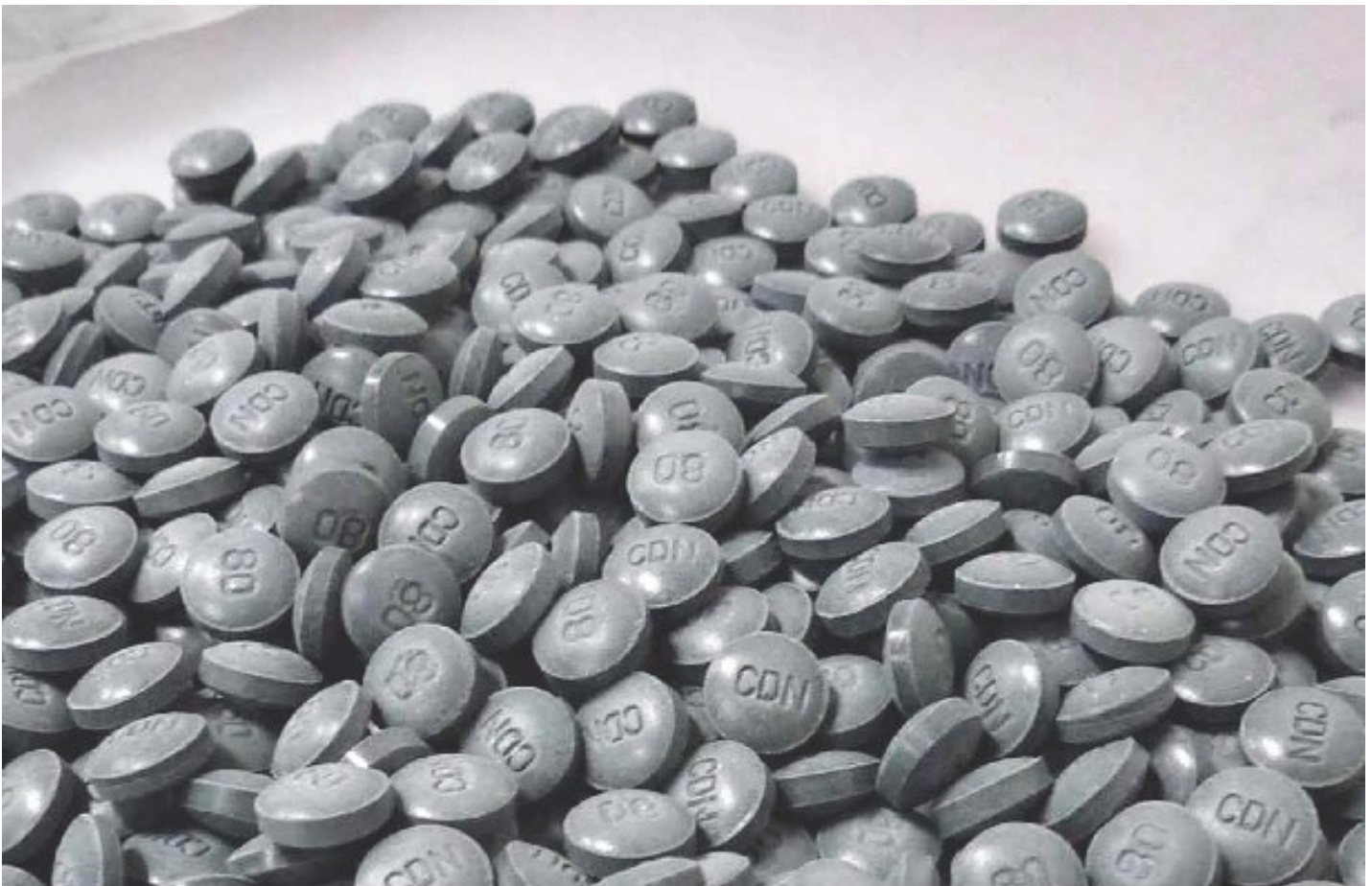
Wed, April 6 @ 5:00 - 5:45pm in HA010

Thur, April 7 @ 12:00 - 12:45pm in S308

U of L & Concordia
Students Welcome!

INSIDE THIS EDITION

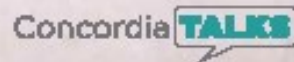
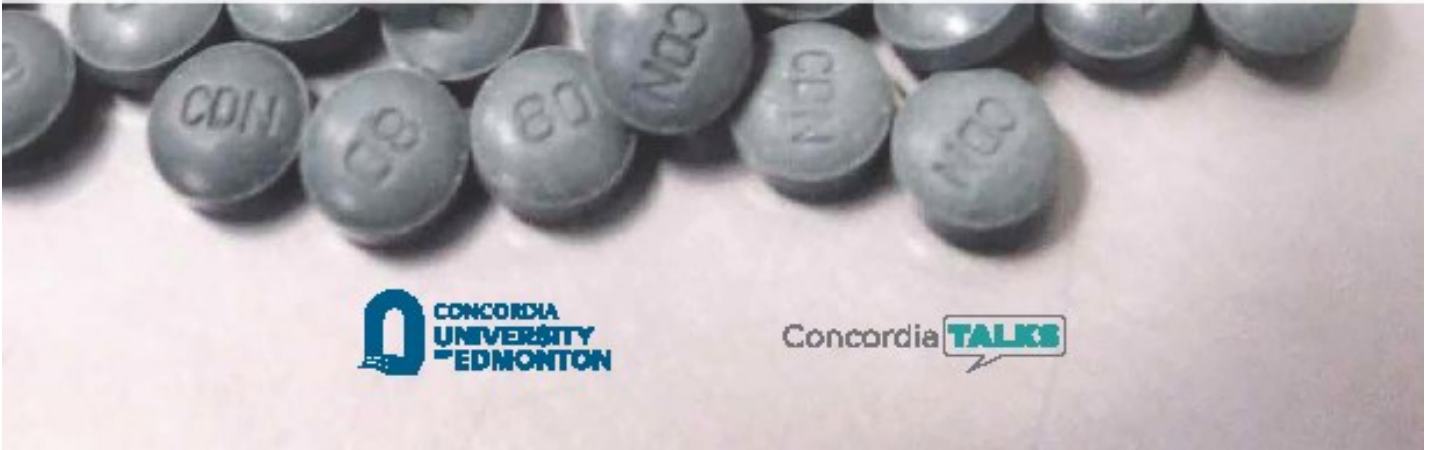
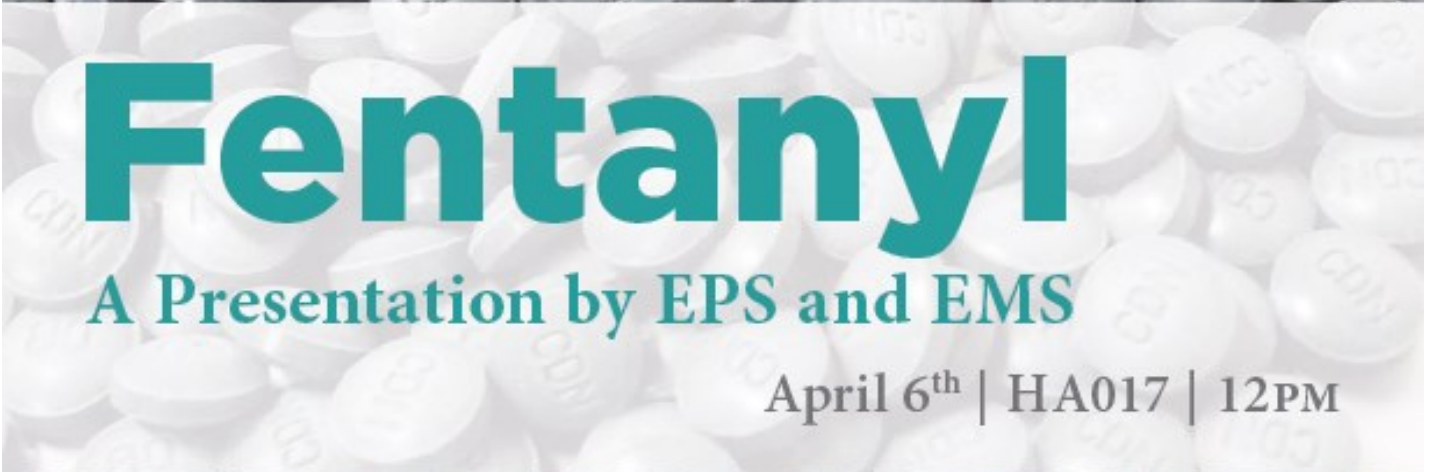
- Fentanyl Presentation-April 6
- Wellness Wednesdays
- The Exam Quiet Room
- Pets On Campus
- Zumba Classes
- Yoga on Campus
- More Massage
- Bella Voce-April 10
- Voicestra-April 22
- Jubiloso!-April 24
- Choral Cantat-April 29
- Spanish Spring Sessions
- Counseling Services



Fentanyl

A Presentation by EPS and EMS

April 6th | HA017 | 12PM



U
A
R
V
de
ac
le
A
C
di
A
O
w
pr
A
W
C

WELLNESS WEDNESDAY FITNESS SCHEDULE ATHLETICS CENTRE GYM

April

2016

Sunday	Monday	Tuesday	Wellness Wednesday!!	Thursday	Friday	Saturday
27	28	29	30 12:05-12:35 Cardio 30	31	1	2
3	4	5	6 12:05 – 12:35 Ballroom Dancing “ChaCha”	7	8	9
10	11	12	13 12:05-12:35 Walking for Wellness	14	15	16
17	18	19	20 12:05-12:35 Lower Body Blast	21	22	23
24	25	26	27 12:05-12:35 Total Body Strength	28	29	30
1	2	3	4 TBA	5	6	7

THE EXAM QUIET ROOM

...IS BACK


**KEEP
CALM
YOU
GOT
THIS**

Tues April 12 – Fri April 15 and Mon April 18 - Tues April 19
8:30 – 4:30 in Room S308

Take a break on a comfy chair, enjoy some
aromatherapy and a hot beverage

No gaming please

Brought to you by the
CSA Mental Health Street Team



ENTER TO WIN A
**SAMSUNG
GALAXY
TAB A**

TAKE CUE LIBRARY'S
STUDENT SATISFACTION SURVEY
AND YOU'LL BE ENTERED TO WIN!



CLICK HERE TAKE OUR SURVEY HERE

ONLY CONCORDIA STUDENTS WILL BE ELIGIBLE TO WIN THE TABLET.



Presented by the CSA Mental Health Street Team

Pet on Campus Stress Buster

**Tegler Student Centre
Monday, April 4, 2016
11:00 am – 12:30 pm**

Volunteers from The Pet Therapy Association of Alberta are coming again!

Please avoid Tegler during the event if you have allergies or are fearful of dogs.



Take a dance break and reduce your exam stress!

ZUMBA



**Monday, April 4
Monday, April 11**

**12:05 – 12:35 pm
Ralph King Gym**



Presented by the CSA Mental Health Street Team





YOGA

KEEP CALM FOR EXAMS AND DO YOGA!



Friday, April 1
Friday, April 8

Noon – 1 pm
Ralph King Gym

Mats available to borrow

Presented by the CSA Mental Health Street Team

More Massage!



Monday, April 11, 2016

10:30 am—2:30 pm

Lower Tegner

5 minute chair massages

By 2 Registered Massage Therapists
(Time 4 You Massage & Reflexology)

There will be a sign up sheet at the event...
first come first served.



Brought to you by
the CSA Mental Health Street Team

Good Strawberries in Your Garden

Bella Voce Concordia
Joy Berg conductor

with guest
Scott Heatcoat accordion and voice

Sunday, April 10, 2016 3 pm
Tegler Student Centre
Concordia University of Edmonton (7128 Ada Blvd.)

Adults \$15 • Students/Seniors \$12
Family Admission \$40 (for sale at door only)
Tickets available at tixonthesquare.ca,
Concordia Student Accounts, or at the door



Concordia Symphony Orchestra

VOICESTRA

David Hoyt, conductor
Elizabeth Hoyt-Surdhar, voice

Mahler, Symphony No. 1 in D Major, "The Titan"
Berlioz, *Les Nuits d'été*

Friday, April 22 7:30 pm

Tegler Student Centre
Concordia University of Edmonton (7128 Ada Blvd.)

Adults \$15 • Students/Seniors \$12
Family Admission \$40 (for sale at door only)

Tickets available at tixonthesquare.ca,
Concordia Student Accounts, or at the door

DEPARTMENT of FINE
ARTS
CONCORDIA

School of Music

music.concordia.ab.ca



JUBILOSO! BELLS OF CONCORDIA

**RING
AROUND
THE
WORLD**

Debbie Rice, conductor

Sunday, April 24, 2016 3 pm

Tegler Student Centre

Concordia University of Edmonton - 7128 Ada Blvd.

Adults \$15 • Students/Seniors \$12

Family Admission \$40 (for sale at door only)

Tickets available at tixonthesquare.ca,
Concordia Student Accounts, or at the door

CONCORDIA CONCERT CHOIR
**CHORAL
CANTATA!**
Joy Berg CONDUCTOR

Friday, Apr. 29, 2016 7:30 pm
Trinity Lutheran Church (10014-81 Ave)

Adults \$15 • Students/Seniors \$12
Family Admission \$40 (for sale at door only)
Tickets available at tixonthesquare.ca,
Concordia Student Accounts, or at the door



COUNSELLING SERVICES

Where healing begins...

Did you know that Concordia provides psychological counselling to students? Yes, we are here for you!

Sometimes life can get a little rough. At counselling services, it is our goal to help you recognize your strengths and resilience, so you can enjoy your life to the fullest. We know school can be stressful (course load, due dates, papers, finals! Ahhhh...). Keeping your mental health in good shape can help you with retention of study materials, increase your energy and boost your motivation!

WHAT WE DO



Free Counselling Sessions



We Help You Develop Concrete, Achievable plans and goals.



Confidential One-on-One Support



We Connect you to Different (and superb!) Resources - On and Off Campus-



Caring, Supportive, and Non-judgmental Environment



We Help You Work Towards Making the Changes that Matter Most to You

MAKE AN APPOINTMENT WITH A COUNSELOR TODAY THROUGH THE STUDENT LIFE & LEARNING



780.479.9241



studentlife@concordia.ab.ca



Learn the essentials for your summer vacation in Latin America

Spanish 101
May 2 - 20

Spanish 102
May 24 - June 10