

NATIONAL POSTDOC APPRECIATION MONTH

POSTDOC

Wellness

SEPTEMBER 2021

**SEPTEMBER 2
THURSDAY**

**BYO LUNCH &
ICE CREAM SOCIAL**
11:30 am - 1:30 pm
Central Courtyard -
Pond Area

Be Social

**SEPTEMBER 9
THURSDAY**

LAUGHING YOGA
4 - 5 pm
Grass behind Falk Center
BOARD GAME NIGHT
6 - 8 pm
Main Street Café

Get Outside

**SEPTEMBER 13
MONDAY**

**SELF EFFICACY
THROUGH ART**
12 - 1 pm
Lubin Dining Hall

Be Grateful

**SEPTEMBER 14
TUESDAY**

**BECOMING A
RESILIENT SCIENTIST**
Dr. Sharon Milgram
4 - 5:15 pm
Zoom

Learn Something

**SEPTEMBER 20
MONDAY**

**THE GREAT BRONX
COOKIE BAKEOFF
&
POSTDOC SWAG**
3 - 4 pm
Main Street Café

Cook More

**SEPTEMBER 23
THURSDAY**

**MINDFULNESS
STRATEGIES WORKSHOP**
11 am - 12 pm
Zoom

Be Calm

**SEPTEMBER 30
THURSDAY**

HAPPY HOUR
4 - 6 pm
Lubin Dining Hall

Stay Hydrated

FOR ADDITIONAL
EVENT DETAILS VISIT:



Albert Einstein College of Medicine

Belfer Institute for Advanced
Biomedical Studies

Career & Professional Development
For Graduate Students and PostDocs