

# NATIONAL POSTDOC APPRECIATION WEEK 2023 Events



Hosted by the Yale Postdoctoral Association & the Office for Postdoctoral Affairs

Monday  
Sep  
**18**

## Yoga With Heidi



Time: 4-5 PM  
Location: Sterling Memorial Library Lecture Hall

Tuesday  
Sep  
**19**

## Chronic Illness Journey as a Postdoc & ARS: Aware, Share, Care



Time: 4-5 PM  
Location: TBD

Wednesday  
Sep  
**20**

## Coffee & Snacks: Grab n Go + Postcards 4 Postdocs



Time: 3-5 PM  
Location: Multiple

Wednesday  
Sep  
**20**

## Navigating Difficult Situations w/ Dr. Erin Heckler



Time: 6-7:30 PM  
Location: Hybrid

Thursday  
Sep  
**21**

## Pint of Postdoc/Happy Hour



Time: 5-10 PM  
Location: Trinity Bar & Restaurant

Friday  
Sep  
**22**

## How to Find a Therapist II - Hands-on Workshop



Time: 12-1:30 PM  
Location: Poorvu Center

+ more ways to show gratitude throughout the week!  
For detailed information visit: [YALECONNECT.YALE.EDU](https://YALECONNECT.YALE.EDU)  
or email [YPA@YALE.EDU](mailto:YPA@YALE.EDU)