



# FRIDAY GREETINGS

FROM OIE

## Hello, Students & Scholars!

Ghoulish greetings, Tartans! It's the spookiest week in the 'Burgh, but fear not, we've got some sweet events for you. Whether you're embracing the Halloween spirit or want to just enjoy the fabulous fall weather, there's something for everyone to do. We hope you enjoy this issue of the OIE "Friday Greetings" newsletter!

## OIE & CMU News & Events



### Inner Harmony: A Journey to Peace

Oct. 26 from 10:30 a.m. to 12:30 p.m.

Take a break! Enjoy some time for yourself and destress with breathing exercises, yoga asanas, sound healing, yoga nidra and mantra meditation. This is the perfect opportunity to decompress from all the hard work you've done this semester.

[Learn More](#)

## Our Pittsburgh Picks



### Haunted Pittsburgh Downtown Walking Tours

Oct. 26 @ 7 p.m.

Things go bump in the night in the 'Burgh! Check out this spine-tingling ghost tour, and get an insider look at the city's haunted sites as you're regaled with Pittsburgh's greatest ghost stories. You already know that Pittsburgh has a North Side and a South Side — this will take you to the dark side!

[Learn More](#)

### Jack O'Lantern Extravaganza

Now through Nov. 3

Thousands of pumpkins will illuminate the Pittsburgh Zoo in a spectacle unlike anything you've ever seen. These works of art will feature beloved zoo animals and familiar characters from the worlds of entertainment, science, fantasy, pop-culture, sports and more, presented with sound, light and other special effects!



[Learn More](#)



### Dandy Andy: Warhol's Queer History

Oct. 26 @ 3 p.m.

Join artist educators for Dandy Andy, a monthly tour that focuses on Andy Warhol's queer history. Explore how Warhol's personal life shaped his creativity and career as an artist. This tour traces Warhol's romantic relationships and queer identity against the backdrop of the historical gay rights movement in the U.S.

[Learn More](#)

## Have an announcement to share?

If you have an event or announcement that you wish to submit for inclusion in OIE's Friday Greetings newsletter, please submit it via our [Event Submission Form](#) by **Wednesday at 5 p.m. EST** for inclusion in the following Friday's newsletter.

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