

SAVE THE DATE

WELLNESS CENTER EVENTS FALL 26-27

AUG

·Ice Cream Social: Wednesday August 26th 3-4:00pm

SEP

- Wednesdays with Willow: September 2nd 3:00 – 4:00pm
- Blood Drive: September 3rd 9:00am-3:00pm
- Health Services 101 Table: September 9th 10:30-11:45am
- Question, Persuade, Refer (QPR): September 16th 12:00-1:00pm
- Crafting Connections - Friendship: September 23rd 12:00-1:30
- Wednesdays with Willow: September 30th 3:00-4:00pm

OCT

- Wednesdays with Willow: October 7th 3:00-4:00pm
- Wednesdays with Willow: October 21st 3:00-4:00pm
- Building Resilience: Navigating Stress & Emotions in College: October 26th 11:00am-12:00pm
- Keeping it Healthy: Relationships in College - October 27th 1:30-2:30pm
- Building Resilience: Navigating Stress & Emotions in College: October 28th 6:00-7:00pm
- Question, Persuade, Refer (QPR): ·October 29th 6:00-7:00pm
- Well-O-Ween: October 30th 12:00-2:00pm

NOV

- Blood Drive: November 10th 9:00am – 3:00pm
- Wednesdays with Willow: November 4th 3:00-4:00pm
- Crafting Connections- Gratitude: November 17th
- Paint your Favorite Food- Lions Cupboard: November 18th 12:00-1:30pm

DEC

- Wednesdays with Willow: December 2nd 3:00-4:00pm
- Semester Celebration- Silent Disco: TBD
- Exam Self-Care Kits: December 3rd 11:30am-12:30pm