



MOUNT ST. JOSEPH  
UNIVERSITY®

## Wellness Center

### 2024-2025 Second Semester

#### January – Dimensions of Wellness – Financial

- Willow Therapy Dog: Friday, January 10, 2025 3:00 PM – 4:00 PM
- PNC - Banking Basics for College Webinar: January 15, 2025 12:00 PM – 12:45 PM
- Procrastination Workshop: January 22, 2025 12:00 PM - 1:00 PM
- Procrastination Tabling Event: January 29, 2025 12:00 PM - 1:00 PM

#### February – Dimensions of Wellness – Occupational

- QPR Training: February 5, 2025 12:00 PM – 1:00 PM
- Willow Therapy Dog: Friday, February 7, 2025 3:00 PM – 4:00 PM
- Power of Play Workshop (1N5): February 12, 2025 12:00 PM – 1:00 PM
- Safe Spring Break Table: Wednesday, February 26, 2025 11:30 AM – 1:00 PM

#### March – Dimensions of Wellness – Spiritual

- Healthy Sleep Hygiene Tabling Event: Thursday, March 13, 2025 11:30 AM -1:00 PM
- Willow Therapy Dog: Friday, March 14, 2025 3:00 PM – 4:00 PM
- Heart Mini Virtual Walk: March 19, 2025 3:00 PM -4:30 PM
- Mindfulness Basics: Wednesday, March 26, 2025 12:00 PM – 1:00 PM

#### April – Dimensions of Wellness - Environmental

- Willow Therapy Dog: Friday, April 4, 2025 3:00 PM – 4:00 PM
- Thrive and Shine: Self-Care for Young Professionals: April 10 2025 12:00 PM – 1:00 PM
- Sexual Assault Awareness Tabling Event: Wednesday, April 16, 2025 11:30 AM – 1:00 PM
- Blood Drive: Thursday, April 17, 2025 9:00 AM – 3:00 PM
- Exam Self-Care Kit Tabling Event: April 22, 2025 9:30 AM – 11:00 AM

#### May – Mental Health Awareness Month

- Mindful Labyrinth Walk TBA