



MOUNT ST. JOSEPH  
UNIVERSITY®

## Wellness Center Calendar

2023-2024 Academic Year

### August – Wellness Welcome

- Ice Cream Social: August 30<sup>th</sup> 1:00 – 3:00pm

### September – Suicide Prevention

- QPR Training: Tuesday, September 12<sup>th</sup> 4:30pm in Clifford Room
- Blood Drive: September 12<sup>th</sup>
- QPR Training: Wednesday, September 20<sup>th</sup> 12:00pm
- MSJ 5K: Saturday, September 23<sup>rd</sup> 8:30 am

### October – Mental Wellness

- Warrior Run: October 14<sup>th</sup>
- QPR Training: Thursday, October 5<sup>th</sup> 12:00 – 1:00pm Clifford Room
- QPR Training: Monday, October 23<sup>rd</sup> 4:00 -5:00pm Clifford Room
- Welloween: Tuesday, October 31<sup>st</sup>

### November – Finishing Semester Strong

- Mental Health 101 Training (Faculty & Staff) November 10<sup>th</sup> 12:00 – 2:00
- Blood Drive (TBA)
- Great American Smoke Out (TBA)

### December –Stress Management

- Recharge and Connect Drop in Event: December 5<sup>th</sup> 12:00 – 1:30 Wellness Center