

# SAVE THE DATE

**WELLNESS CENTER EVENTS  
SPRING 25-26**

**JAN**

- Lions Cupboard Open House: January 15<sup>th</sup> 12:30– 2:00pm
- Be Concerned Pick-up: January 21<sup>st</sup> 4:00–5:00pm
- Crafting Connections– Hope: January 22<sup>nd</sup> 12:00 – 1:30pm
- Wednesdays with Willow: January 28<sup>th</sup> 3:00pm – 4:00pm

**FEB**

- Crafting Connections – Love: February 12<sup>th</sup> 12–1:30pm
- Budgeting 101–PNC Bank: February 17<sup>th</sup> 12:30–1:30pm
- Be Concerned Pick-up: February 18<sup>th</sup> 4:00–5:00pm
- Wednesdays with Willow: February 25<sup>th</sup> 3:00 – 4:00pm

**MAR**

- QPR Training: March 6<sup>th</sup> 12–1:30 pm
- Be Concerned Pick-up: March 18<sup>th</sup> 4:00–5:00pm
- Healthy Sleep Hygiene: March 19<sup>th</sup> 12:00–1:00pm
- Wednesdays with Willow: March 25<sup>th</sup> 3:00–4:00pm

**APR**

- Be Concerned Pick-up: April 15<sup>th</sup> 4:00–5:00pm
- Blood Drive: April 16<sup>th</sup> 9:00am – 3:00pm
- Walking in Beauty: A Mindful Hike: April 22<sup>nd</sup> 4:30–6:30pm
- Crafting Connections– Self Compassion & Appreciation of Beauty: April 23<sup>rd</sup> 12–1:30 pm
- Wednesdays with Willow: April 29<sup>th</sup> 3:00–4:00pm

**MAY**

- Exam Self-Care Kits: May 4<sup>th</sup> 12:00pm
- Be Concerned Pick-up: May 6<sup>th</sup> 4:00–5:00pm