



CAMPUS LIFE ACTIVITIES

September 13- 17 WELLNESS WEEK

Mon

9/13

Counseling presents: Community Resources and Health Insurance in Student Center from 11-12

Student Health Services will be discussing Student Health in the Student Center from 11-12

Club Finance Committee in Science Building Rm 105A at 11 am.

Chalk the Walk w/ Counseling 2-3:30

Volleyball Game in the West Gym from 6-8 pm

Tues

9/14

Counseling presents: Mental Health in the Student Center from 11-12.

Student Health Services: Making Your Own Stress Ball in the Student Center from 11-12

YOGA on the Quad with Allison for all student, faculty and staff from 12-12:30 (Rain location: Student Center Rm 106)

Wed

9/15

Counseling presents: Relationships and Sexual Health in the Student Center from 11-12

Student Health Services will be sharing sex education resources available on campus. in the Student Center from 11-12.

Thurs

9/16

Counseling: Financial and Nutritional Wellness in the Student Center from 11-12

Student Health Services: Brain Food vs. Sugar in the Student Center from 11-12

Irene Byrnes and Women's Discussion Group present: How to Establish Boundaries with People and Keep Your Stress Levels Down in Titchner 101 from 11-12. Zoom link: <https://zoom.us/j/91720159377>

Chalk the Walk w/ Counseling 1-2:30

Th/Fri

9/16 (CON'T)

YOGA on the Quad with Allison for all student, faculty and staff from 12-12:30 (Rain location: Student Center Rm 106)

9/17

Student Assembly Packets for Candidates is due to Campus Life Office by 5 pm.

Constitution Day on the Quad 1:30-2:30 (SC if rain) Wear your Patriotic clothing and prizes could come your way.

DINING WITH KARAOKE in the Student Center Cafeteria from 5-7

