



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 25, 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