

WELLNESS week

FEBRUARY 27-MARCH 3

FEBRUARY 27

MINDFUL
MONDAY

WELLNESS WEEK
KICK-OFF

11 a.m.-1 p.m.
Union Terrace
free food!

MOVEMENT AND
MEDITATION

4:30 p.m.
The Rec

WELL CAT STRESS
MANAGEMENT
PRESENTATION

6-7 p.m.
Union Room 209

FEBRUARY 28

TRANSFORMATION
TUESDAY

TRANSFORM
YOUR TREK

All Day
Throughout campus

LIFE-SIZE BARBIE
MEET AND GREET

4-6 p.m.
The Rec

"LET'S TALK
ABOUT SEX"

6-7 p.m.
Union Room 209

MARCH 1

WELLNESS
WEDNESDAY

HEALTH AND
WELLNESS EXPO

11 a.m.-1 p.m.
Union Courtyard
free chair massages!

TOP CHEF PRESENTATION

6-7 p.m.
Kramer Dining Center

MARCH 2

TURN IT AROUND
THURSDAY

SPRING BREAK NOT
SPRING BROKE

12-1:30 p.m.
Union Courtyard

ENDING THE SILENCE

7-8 p.m.
Library Hemisphere Room
cookies provided! | *guest speakers focusing
on mental wellness*

MARCH 3

FIT AND FOCUSED
FRIDAY

GROOVE AND GLOW
ZUMBA DANCE

7 p.m.
The Rec
live DJ!

SCAVENGER HUNT
WINNERS ANNOUNCED

WEEKLONG SCAVENGER HUNT

Like the Wildcat Wellness Coalition
Facebook page to get clues.
[@WilcatWellnessCoalition](#)

Post photos to our Wildcat Wellness
Coalition Facebook page to be entered
into a drawing for prizes. Use the hashtag
#InvestInYourself

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