

WHPS

Wellness and Health Promotion Services

Fall Events

THRIVE

Wednesday September 17, 11 AM-1 PM
Student Services Building Pavilion
Join Wellness and Health Promotion Services and other campus and local community resources to learn about mental health for specific populations, coping strategies, and resilience.

Wellness Workshops

Say What? Talking to your Doc

Thursday September 4, 3-4:30 PM
Student Services Building Room 150/160
Everything you need to know to advocate for your health!

Cinema & Consent Conversation

Tuesday, October 21, 2-4:30 PM
Student Services Building Room 170
Nosferatu screening followed by a conversation on consent and intervention

Healthy Queer Relationships

Thursday, October 23, 1:30-3:30 PM
Student Services Building, Room 150/160
Join candid discussions about healthy relationships and learn about the warning signs to look for and the resources available!

Fantasy Bartender

Thursday, November 6, 5-7 PM
Schneider Hall
Join Wellness Coordinators to learn about standard drink size and helpful harm-reduction strategies during the holidays.

Wellness Wednesdays

Wednesdays Noon-2 PM
Rotating locations on campus:
Wellness Coordinators will be providing education on health and wellness topics

Calming Crafts

Every third Friday from 2-3 PM
Student Health Center Dawg Lounge
Make and take home your own distress tolerance tool.

Garden Crafts

Second Tuesday in September and October
1:30-2:30 PM
Student Health Center Wellness Garden
Make your own expressive environmental wellness craft.

HEROES Workshops

Every fourth Friday from 3-4 PM
Student Center HEROES Headquarters
Learn tips and resources to help you reduce insecurities and improve wellness.

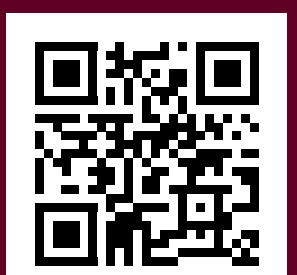


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STUDENT HEALTH SERVICES



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