Spring Semester Events 2024

⭐ Sex in the Spring
Wednesday, April 17  |  11 am to 1 pm
Morris Library front lawn
Rain location: Morris Library Rotunda
Stop by this free sexual and reproductive health event, featuring sexual health education and demonstrations, games, and more!

⭐ Wellness Workshop: Radical Self-Care
Monday, April 29  |  4–5 pm
Student Health Services, Auditorium
Learn how to take care of yourself by prioritizing your own well-being and setting boundaries with people and obligations that drain you.

⭐ Wellness COVID Memorial Donor Garden Craft
March 7 & April 25
1–3 pm  |  East side, Student Health Center
Join us for creative, nature-inspired crafts that allow you to express your experiences and the impacts of the COVID-19 pandemic. Your art can contribute to the memorial garden and allow others a peaceful environment to reflect and relax.

⭐ Calming Crafts
1st Wednesday of every month
1:00 pm  |  Dawg Lounge
Create a de-stress tolerance tool that you can take with you to help you calm down and cope!

⭐ HEROES Workshops
1st Wednesday of every month
3:30 p.m. |  HEROES Headquarters
Everyone is welcome to learn more about assistance programs and resources available to support food security, financial stability, housing security, and access to healthcare.

⭐ Wellness Wednesdays
Every Wednesday
11 am – 1 pm | Various locations on campus
Wellness and Health Promotion Services coordinators can be found educating students and promoting healthy choices and services. Topics cover the eight dimensions of wellness and vary according to current events, trends, and student needs.

Please email Wellness and Health Promotion Services at wellness@siu.edu or call 618-536-4441 with event questions. To request disability accommodations, call the Office for Access and Accommodations at 618-453-5738.