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 wellbeing 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.



7 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.





