

WHPS

Wellness and Health Promotion Services

Spring '26 Events

Sex in the Spring

Wednesday, April 15, 11 AM-2 PM
Faner Breezeway

Stop by this free sexual and reproductive health event, featuring sexual health education and demonstrations, games and more!

Wellness Workshops

Healthy Sexual Relationships

Tuesday, February 10, 3-4:30 PM
Student Services Building 150-160

Understand reproductive health, sexual well-being and healthy relationship patterns.

Fueling Midterms: Nutrition for Focus and Endurance

Friday, March 13, 11 AM-Noon
Student Services Building 150/160

Build balanced, realistic eating habits that support energy, focus, and overall wellness during a busy point in the semester.

Radical Self-care

Thursday, April 2, 2-4 PM
Student Services Building 170

Explore the history of radical self-care, community care, and how we can apply those concepts in our every day life.

Wellness Wednesdays

Wednesdays, 10:30 AM-12:30 PM
Rotating locations on campus

Wellness Coordinators will be providing education on health and wellness topics.

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.

Calming Crafts

Every third Friday from 11 AM-12 PM
Student Health Center Dawg Lounge

Make and take home your own distress-tolerance tool.

Garden Crafts

Fridays March 13 and April 3 from 1-2 PM
Student Health Center Wellness Garden

Make your own expressive environmental-wellness craft.



SOUTHERN ILLINOIS UNIVERSITY CARBONDALE

STUDENT HEALTH SERVICES



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