

WELLNESS WEEK

CROWDER COLLEGE

SEPTEMBER 24-27

For more information, visit [.edu/wellness-week](http://www.crowder.edu/wellness-week)

MONDAY

DRUNK GOGGLES

Quad | 9am-12pm | Missouri Highway Patrol

LATEST DRUG EPIDEMIC(S)

Wright Conf. Center | 10-11am | EMS Department

STUDY KIT / TIPS GIVEAWAY

Quad | 11am-1pm | Student Success Center

CROWDER CARES & COUNSELING CENTER INFORMATION

Quad | 12-2pm | Crowder Cares & Counseling Center

ASK LISTEN REFER - SUICIDE PREVENTION

Quad | 12-2pm | Crowder Cares

WALK THROUGH CROWDER HISTORY

Bell Tower | 12:30-1pm | Classified Staff

BRAIN GAMES

Fireside Room | 2:30-3:30pm | TRIO Programs & Counseling Center

WALK THIS WAY!

Bell Tower | 4-4:30pm | Crowder Admin

COLOR KEY

- PHYSICAL
- OCCUPATIONAL
- EMOTIONAL
- ENVIRONMENTAL
- MENTAL/INTELLECTUAL
- SOCIAL
- SPIRITUAL

RAINY DAY LOCATIONS:

Outdoor events located in the Quad will be moved to the Student Center and events located at the Bell Tower will be moved to Sneller Gymnasium.

TUESDAY

\$2 CHAIR MASSAGES

Newton Hall Conf. Room | 10am-1pm | Local Massage Therapists

LAFAYETTE HOUSE

Quad | 10am-12pm | Lafayette House

SAFE ZONE: LGBTQ 101

Fireside Room | 10-11am | Prevention Team

CHOICES WELLNESS BOOTH

Quad | 10am-12pm | Choices Medical Services

ROUGHRIDERS RECYCLE

Quad | 11am-2pm | Renewable Energy Club + PTK

LET'S TACO 'BOUT YOUR MAJOR (MAJOR'S FAIR)

Student Center | 11am-2pm | Admissions, Career & Transfer Services, and the Student Success Center

WALK THIS WAY!

Bell Tower | 11-11:30am | Crowder Admin

SUN SMART

Quad | 11am-2pm | MARET Center

PROMOTING GENTLE BASIC YOGA SESSION

Student Center | 11:30am-12:30pm | Local Yoga Instructor

SOCIAL MEDIA SAFETY

Fireside Room | 1-2pm | Jasper County Sheriff's Office

SEXUAL ASSAULT SURVIVOR

Wright Conf. Center, Room B | 1-2pm | Lafayette House

PERSONALITY TYPES

Newton Hall Conf. Room | 1-2pm | TRIO Programs

THE WILD GOOSE! THE GOOSE ON THE LOOSE...

Fireside Room | 2-3pm | Catholics on Campus

SUICIDE: THE RIPPLE EFFECT MOVIE

Elsie Plaster Comm. Center | 2-3:30pm | Counseling Center & Newton County Coalition

WALK THIS WAY!

Bell Tower | 4-4:30pm | Crowder Admin

SUICIDE: THE RIPPLE EFFECT MOVIE

Elsie Plaster Comm. Center | 6:30-8pm | Counseling Center & Newton County Coalition

WEDNESDAY

NEW TESTAMENT GIVE AWAY

Main Entrances | 7:30am-12pm | Gideons International

YMCA - BOOTCAMP / EXERCISE CLASSES

Quad | 9am-10am | Freeman Family YMCA

CAREER COACH CHAT

Farber Lobby | 9-11am | Career & Transfer Services

SAFE ZONE: LGBTQ 101

Fireside Room | 10-11am | Prevention Team

CHOICES MOBILE MEDICAL UNIT

Quad | 10am-3pm | Choices Medical Services

SUN SMART

Quad | 11am-2pm | MARET Center

ROUGHRIDERS RECYCLE

Quad | 11am-2pm | Renewable Energy Club + PTK

RUN, HIDE, FIGHT! ACTIVE SHOOTER INFORMATION

Quad | 11am-1pm | Safety Team

WALK THIS WAY!

Bell Tower | 11-11:30am | Crowder Admin

PUPPIES IN THE QUAD

Quad | 11am-1pm | Faithful Friends

PROMOTING GENTLE BASIC YOGA SESSION

Student Center | 11:30am-12:30pm | Local Yoga Instructor

THE HAPPINESS PROJECT

Fireside Room | 12:15-12:45pm | Make Sh*t Your Business Group

SOCIAL MEDIA SAFETY

Fireside | 1-2pm | Matt Smith - Jasper County Sheriff's Office

PERSONALITY TYPES

Newton Hall Conf. Room | 1-2pm | TRIO Programs

THE WILD GOOSE! THE GOOSE ON THE LOOSE...

Fireside Room | 2-3pm | Catholics on Campus

NATIONAL CHARACTER DAY

Newton Hall Conf. Room | 2-3pm | Admissions & Counseling Center

WALK THIS WAY!

Bell Tower | 4-4:30pm | Crowder Admin

THURSDAY

NEW TESTAMENT GIVE AWAY

Main Entrances | 7:30am-12pm | Gideons International

CROWDER EMPLOYEE HEALTH SCREENING

Wright Conf. Center | 6am-12pm | Crowder HR & Freeman Screen Team

BYSTANDER INTERVENTION

Student Center | 10am-12pm | Prevention Team

CAREER COACH CHAT

Student Center | 10-11am | Career & Transfer Services

ROUGHRIDERS RECYCLE

Quad | 11am-2pm | Renewable Energy Club + PTK

DRUG/ALCOHOL PREVENTION

Fireside Room | 11am-12pm | Newton County Coalition

RUN, HIDE, FIGHT! ACTIVE SHOOTER INFORMATION

Quad | 11am-1pm | Safety Team

ASK LISTEN REFER - SUICIDE PREVENTION

Quad | 11am-1pm | Crowder Cares

STRESS BALL STATION

Quad | 11am-1pm | Student Success Center and TRIO Programs

WALK THROUGH CROWDER HISTORY

Bell Tower | 1:00-2:00pm | Crowder Classified Staff

WALK THIS WAY!

Bell Tower | 4-4:30pm | Crowder Admin

PROMOTING GENTLE BASIC YOGA

Wright Conf. Center | 4:15-5:15pm | Local Yoga Instructor

SUICIDE: THE RIPPLE EFFECT MOVIE

Elsie Plaster Comm. Center | 6:00-7:30pm | Crowder Counseling Center and Newton County Coalition