

# WELLNESS WEEK

CROWDER COLLEGE

# SEPTEMBER 14 - 17

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

## MONDAY

### MARVEL VIRTUAL ESCAPE ROOM

[crowder.libguides.com/avengers](http://crowder.libguides.com/avengers)

### NEW TESTAMENT GIVE AWAY

All Entrances | 8am - 12pm

### PROMOTING STRONG STUDY SKILLS

Quad | 10am - 12pm

### SAFE ZONE

Quad (Student Center if Inside) | 10am - 12pm

### CROWDER CARES

Quad | 10am - 12pm

### RELEASE STRESS YOGA\*†

Wright Conference Center | 11am - 11:30am

### PRAYER SERVICE†

Quad: Belltower | 12pm - 12:30pm

### SELF DEFENSE†

Quad (Wright Conf. if Inside) | 12:45pm-1:45pm

### WeRise

### WHO'S YOUR PLUG-ADDICTIONS†

Newton Hall Conf. Room | 2pm - 3pm

## TUESDAY

### MARVEL VIRTUAL ESCAPE ROOM

[crowder.libguides.com/avengers](http://crowder.libguides.com/avengers)

### NEW TESTAMENT GIVE AWAY

All Entrances | 8am - 12pm

### \$5 CHAIR MASSAGE (10 min)

Quad (Fireside Room if Inside) | 9am - 1pm

### PROMOTING STRONG STUDY SKILLS

Quad | 10am - 12pm

### MEDITATION\*†

Wright Conf. Center | 11am - 11:15am

### COUNSELING CENTER INFO BOOTH

Quad | 11am - 1pm

### TICK DISEASES

Quad | 11am - 1pm

### TRUE COLORS

Student Center | 11:30am - 1pm

### WALKING THE QUAD\*

Quad | 12pm - 1pm

### MAKE YOUR OWN MASK

Quad | 12pm - 2pm

### BUSY PERSON'S RETREAT BY CATHOLIC CAMPUS MINISTRY

Quad | 12:30pm - 2pm

## WEDNESDAY

### MARVEL VIRTUAL ESCAPE ROOM

[crowder.libguides.com/avengers](http://crowder.libguides.com/avengers)

### EMPLOYEE HEALTH FAIR

Wright Conf. Center | 7am - 11am

### \$5 CHAIR MASSAGE (10 min)

Quad (Fireside Room if Inside) | 9am - 1pm

### CHOICES

Quad (Student Center if Inside) | 10am - 2pm

### CELEBRATE DIVERSITY

Quad (Student Center if Inside) | 10am - 12pm

### DOMESTIC VIOLENCE AWARENESS

Quad (Student Center if Inside) | 11am - 1pm

### WALKING THE QUAD\*

Quad | 12pm - 1pm

### WHAT WOULD YOU DO SCENARIOS

Quad | 12pm - 2pm

### RELEASE STRESS YOGA\*†

Wright Conference Center | 1pm - 1:30pm

### FINANCIAL WELLNESS

Quad | 1pm - 2pm

### SAND VOLLEYBALL

Brown Housing Complex | 2pm

### SUICIDE PREVENTION/AWARENESS

Quad (Student Center if Inside) | 2pm - 4pm

## THURSDAY

### MARVEL VIRTUAL ESCAPE ROOM

[crowder.libguides.com/avengers](http://crowder.libguides.com/avengers)

### DRUG AWARENESS\*†

Wright Conf. Center | 10am - 11am

### BSU PIE DAY

Student Center | 11am - 1pm

### CAREER COACH

Student Center | 11am - 1pm

### COUNSELING CENTER INFO BOOTH

Quad | 11am - 1pm

### WALKING THE QUAD\*

Quad | 12pm - 1pm

### COLORING FOR STRESS RELIEF

Tables outside of SSC | 12pm - 2pm

All events are come and go unless presentation is noted:

† = FULL PRESENTATION

\* = STAFF DEVELOPMENT CREDIT