

## MONDAY

### NEW TESTAMENT GIVEAWAY

All Entrances | 7am - 1pm

### GRADUATION, TRANSFER, & CAREER OFFICE

Quad | 10am - 11am

### HANDS ON CPR

Quad/Student Center | 11am - 12:30pm

### EFFECTS OF SOCIAL MEDIA ON MENTAL HEALTH

Quad/Student Center | 11am - 12:30pm

### SAFE SEX/STI PREVENTION

Quad/Student Center | 11am - 12:30pm

### DUNK TANK

Quad | 11am - 1pm

### MO HEALTHNET FOR ADULTS

Quad/Student Center | 11am - 1pm

### HIKING IN NATURE

Quad | 11am - 1pm

### YARD GAMES

Quad | 11am - 1pm

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

Quad/Fireside | 11am - 1pm

### MINDFUL MONDAYS

Quad/SSC | 12pm - 12:20pm

### CLEAR YOUR MIND: BREATHING & MEDITATION CLASS

Wright Conference (A) | 12pm - 12:30pm

## TUESDAY

### GRADUATION, TRANSFER, & CAREER OFFICE

Quad | 10am - 11am

### BLOOD PRESSURE CLINIC

Quad/Student Center | 11am - 12:30pm

### BLOOD GLUCOSE MONITORING

Quad/Student Center | 11am - 12:30pm

### SAFE SEX/STI PREVENTION

Quad/Student Center | 11am - 12:30pm

### QUICK NUTRITION

Quad/Student Center | 11am - 12:50pm

### EFFECTS OF DRIVING WHILE IMPAIRED: DRUNK GOGGLES

Quad (Front of Elsie Plaster) | 11am - 1pm

### TUTORING & THE SSC

Quad | 11am - 1pm

### YARD GAMES

Quad | 11am - 1pm

### HULA HOOPING

Quad | 11am - 1pm

### CHOICES WELLNESS SCREENING

Quad/Student Center | 11am - 1pm

### ENERGY TEA SAMPLES

Quad | 11am - 1pm

### COMMUNITY RESOURCES

Quad/Student Center | 11am - 1pm

### WELLNESS THROUGH ART

Quad/Student Center | 11:30am - 12:30pm

### EFFECTS OF TOBACCO & VAPING

Quad/Student Center | TBD

## WEDNESDAY

### STRESS REDUCING TECHNIQUES

Quad/Student Center | 11am - 12:30pm

### BLOOD GLUCOSE MONITORING

Quad/Student Center | 11am - 12:30pm

### EFFECTS OF SOCIAL MEDIA ON MENTAL HEALTH

Quad/Student Center | 11am - 12:30pm

### BLOOD PRESSURE CLINIC

Quad/Student Center | 11am - 12:30pm

### EFFECTS OF TOBACCO & VAPING

Quad/Student Center | TBD

### PROMOTING HEALTHY RELATIONSHIPS

Quad/Student Center | 11am - 12:30pm

### TUTORING & THE SSC

Quad | 11am - 1pm

### PRACTICING SELF-KINDNESS: AN EXERCISE IN DRAMA THERAPY

Quad/EPCC Auditorium | 11am - 1pm

### BOARD GAMES - UNPLUG & PLAY

Quad | 11am - 1pm

### YARD GAMES

Quad | 11am - 1pm

### COMMUNITY RESOURCES

Quad/Student Center | 11am - 1pm

### TROPICAL SMOOTHIE

Quad | 11am - 1pm

### ADVENTURE BASED WELLNESS: MINEFIELD

Quad/Student Center | 11:30pm - 12:30pm

### YOGA

Wright Conference (A) | 12pm - 12:30pm

### DODGEBALL

Quad | 6:30pm - 8pm

## THURSDAY

### STRESS REDUCING TECHNIQUES

Quad/Student Center | 11am - 12:30pm

### HANDS ON CPR

Quad/Student Center | 11am - 12:30pm

### PUT YOURSELF FIRST: PHYSICAL ACTIVITY

Quad/Student Center | 11am - 12:50pm

### QUICK NUTRITION

Quad/Student Center | 11am - 12:50pm

### PROMOTING HEALTHY RELATIONSHIPS

Quad/Student Center | 11am - 12:30pm

### YARD GAMES

Quad | 11am - 1pm

### HULA HOOPING

Quad | 11am - 1pm

### CROWDER CARES

Quad/Student Center | 11am - 1pm

### GUESS THE TRAIL GAME

Quad/Student Center | 11am - 1pm

### CROWDER CARES

Quad/Student Center | 12pm - 1pm

### RING TOSS

Quad/Student Center | 12pm - 1pm