

July 2018

S. T. A. Y. Well Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mindfulness Monday 12-2 Wii & Board games 3-5 Movies &TV	3 Tone Down Tuesday Wii & board games	4 4th of July - Holiday CAMPUS CLOSED	5 Stress Relieving Thursday 1-5 Movies & TV	6 CAMPUS CLOSED
9 Mindfulness Monday 12-2 Wii & Board games 3-5 Movies &TV	10 Tone Down Tuesday Wii & board games	11 Walk It Off Wednesday Arts & Crafts	12 Stress Relieving Thursday 1-5 Movies & TV	13 CAMPUS CLOSED
16 Mindfulness Monday 12-2 Wii & Board games 3-5 Movies &TV	17 Tone Down Tuesday Wii & board games	18 Walk It Off Wednesday Arts & Crafts	19 Stress Relieving Thursday 1-5 Movies & TV	20 CAMPUS CLOSED
23 Mindfulness Monday 12-2 Wii & Board games 3-5 Movies &TV	24 Tone Down Tuesday Wii & board games	25 Walk It Off Wednesday Arts & Crafts	26 Stress Relieving Thursday 1-5 Movies & TV	27 CAMPUS CLOSED
30 Mindfulness Monday 12-2 Wii & Board games 3-5 Movies &TV	31 Tone Down Tuesday Wii & board games			

