

September 2018

S.T.A.Y. Well Center Activities

Woodland Community College | 700 Bldg | Room 744

Monday	Tuesday	Wednesday	Thursday	Friday
3 Labor Day - Campus Closed	4 OPEN LOUNGE	5 S.T.A.Y WELL EVENT <i>"Closing of Summer Popsicles Pass-out"</i>	6 Stress Relieving Thursday 1-5 Movies & TV	7 Free Friday Wii & board games
8 Mindfulness Monday 12-2 Wii & Board games 3-5 Movies &TV	11 OPEN LOUNGE	12 S.T.A.Y WELL EVENT <i>"Mindfulness"</i>	13 Stress Relieving Thursday 1-5 Movies & TV	14 Free Friday Wii & board games
17 Mindfulness Monday 12-2 Wii & Board games 3-5 Movies &TV	18 OPEN LOUNGE	19 Walk It Off Wednesday Arts & Crafts	20 Stress Relieving Thursday 1-5 Movies & TV	21 Free Friday Wii & board games
24 Mindfulness Monday 12-2 Wii & Board games 3-5 Movies &TV	25 OPEN LOUNGE	26 Walk It Off Wednesday Arts & Crafts	27 Stress Relieving Thursday 1-5 Movies & TV	28 Free Friday Wii & board games

