## S.T.A.Y. WELL CENTER WOODLAND COMMUNITY COLLEGE 700 Building – Room 744 Monday - Friday 9:00 a.m. – 5:00 p.m.

## **DECEMBER 2018**

## S.T.A.Y. Well Center Activities

3 Mindfulness Monday 12-2 Wii & Board games 3-5 Movies & TV4 Stress Relieving Tuesday 1-5 Movies & TV5 Walk It Off Wednesday Arts & Crafts6 Tone It Thursday 1-5 Movies & TV7 Free Friday Wii & board games 1-5 Movies & TVAND SEE WHAT IS AVAILABLE Lounge Computers TV10 Stress Relieving Activity11 Stress Relieving Activity12 Stress Relieving Activity13 Stress Relieving Activity14 Free Friday Wii & board game Stress Relieving ActivityI0 Stress Relieving Activity11 Stress Relieving Activity12 Stress Relieving Activity14 Free Friday Wii & board game Come get your FREE Finals Week Snack Survival Bags14 Stress Relieving ActivityTV1718192021	5
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Refrigerator 12-2 Wii & Board games 1-5 Movies & TV Arts & Crafts 1-5 Movies & TV Wii & board game	s
Microwave 3-5 Movies &TV	-
Meeting Room	
Student Artwork   24   25   26   27   28	
Winter Recess -Closed Winter Recess -Closed Winter Recess -Closed Winter Recess -Closed Winter Recess -	losed
Community and Campus Campus Campus Campus Campus	
Campus Resources	
Food Bantry	
Food Pantry	
31 Winter Recess -Closed	
Winter Recess - closed Campus	