

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>AND SEE WHAT IS AVAILABLE</p> <p>Lounge Computers TV Refrigerator Microwave Meeting Room Student Artwork Community and Campus Resources Food Pantry</p> 	3 Mindfulness Monday 12-2 Wii & Board games 3-5 Movies &TV	4 Stress Relieving Tuesday 1-5 Movies & TV	5 Walk It Off Wednesday Arts & Crafts	6 Tone It Thursday 1-5 Movies & TV	7 Free Friday Wii & board games
	10 Stress Relieving Activity Come get your FREE Finals Week Snack Survival Bags	11 Stress Relieving Activity Come get your FREE Finals Week Snack Survival Bags	12 Stress Relieving Activity 	13 Stress Relieving Activity Come get your FREE Finals Week Snack Survival Bags	14 Free Friday Wii & board games Come get your FREE Finals Week Snack Survival Bags
	17 Mindfulness Monday 12-2 Wii & Board games 3-5 Movies &TV	18 Stress Relieving Tuesday 1-5 Movies & TV	19 Walk It Off Wednesday Arts & Crafts	20 Tone It Thursday 1-5 Movies & TV	21 Free Friday Wii & board games
	24 Winter Recess -Closed Campus	25 Winter Recess -Closed Campus 	26 Winter Recess -Closed Campus	27 Winter Recess -Closed Campus	28 Winter Recess -Closed Campus
	31 Winter Recess -Closed Campus				

