





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

JANUARY 2019

S.T.A.Y. Well Center Activities

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 AND SEE WHAT IS AVAILABLE Lounge Computers TV Refrigerator Microwave Meeting Room Student Artwork Community and Campus Resources Food Pantry 		1 	2 Winter Recess -Closed Campus	3 Winter Recess -Closed Campus	4 Winter Recess -Closed Campus
	7 Motivation Monday	8 Stress Relieving Tuesday	9 Walk It Off Wednesday	10 Tone It Thursday	11 Free Friday
	14  Classes resume	15 Stress Relieving Tuesday 1-5 Movies & TV	16 Walk It Off Wednesday Arts & Crafts	17 Tone It Thursday 1-5 Movies & TV	18 Free Friday Wii & board games
	21 MLK DAY Campus closed	22 Stress Relieving Tuesday 1-5 Movies & TV	23 Walk It Off Wednesday Arts & Crafts	24 Tone It Thursday 1-5 Movies & TV	25 Free Friday Wii & board games
	28 Motivation Monday	29 Stress Relieving Tuesday 1-5 Movies & TV	30 Walk It Off Wednesday Arts & Crafts	31 Tone It Thursday 1-5 Movies & TV	Free Friday Wii & board games

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