

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

**MARCH 2019**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>AND SEE WHAT IS AVAILABLE</b>  <i>Community and Campus Resources</i>  <i>Peer Support Lounge</i>  <i>Computers</i>  <i>TV</i>  <i>Refrigerator</i>  <i>Microwave</i>  <i>Meeting Room</i>  <i>Food Pantry</i>  					1 <b>Free Friday</b> 10- 11am- Board games
	4 <b>Motivation Monday</b> 11-11:15 am Mindfulness Tip of the Week	5 <b>Stress Relieving Tuesday</b> 1- 3pm- Movies & TV	6 <b>Wellness Wednesday</b> 11am- 12pm - Arts & Crafts	7 <b>Free Thursday</b>	8 <b>Free Friday</b> 10- 11am- Wii games
	11 <b>Motivation Monday</b> 11-11:15 am Mindfulness Tip of the Week	12 <b>Stress Relieving Tuesday</b> 1- 3pm- Movies & TV	13 <b>Wellness Wednesday</b> 11am- 12pm - Arts & Crafts	14 <b>Free Thursday</b>	15 <b>Free Friday</b> 10- 11am- Board games
	18 <b>Mindfulness March Event</b> 11 am - 1 pm  <b>Come join us for a Pizza Party !!!</b>	19 <b>Stress Relieving Tuesday</b> 1- 3pm- Movies & TV	20 <b>Wellness Wednesday</b> 11am- 12pm - Arts & Crafts	21 <b>Free Thursday</b>	22 <b>Free Friday</b> 10- 11am- Wii games
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