

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

**APRIL 2019**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
 <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>  	1 <b>Motivation Monday</b> <b>11-11:15 am</b> Mindfulness Tip of the Week	2 <b>Stress Relieving Tuesday</b> <b>1- 3pm-</b> Movies & TV	3 <b>Wellness Wednesday</b> <b>11am- 12pm</b> - Arts & Crafts	4 <b>Free Thursday</b>	5 <b>Free Friday</b> <b>10- 11am-</b> Board games
	8 <b>Motivation Monday</b> <b>11-11:15 am</b> Mindfulness Tip of the Week	9 <b>Stress Relieving Tuesday</b> <b>1- 3pm-</b> Movies & TV	10 <b>Wellness Wednesday</b> <b>11am- 12pm</b> - Arts & Crafts	11 <b>Free Thursday</b>	12 <b>Free Friday</b> <b>10- 11am-</b> Wii games
	15 <b>Motivation Monday</b> <b>11-1pm</b> <b>SELF CARE AND STRESS RELIEVING ACTIVITIES</b>	16 <b>Stress Relieving Tuesday</b> <b>11-1pm</b> <b>SELF CARE AND STRESS RELIEVING ACTIVITIES</b>	17 <b>Wellness Wednesday</b> <b>11-1pm</b> <b>SELF CARE AND STRESS RELIEVING ACTIVITIES</b>	18 <b>Free Thursday</b> <b>11-1pm</b> <b>SELF CARE AND STRESS RELIEVING ACTIVITIES</b>	19 <b>Free Friday</b> <b>11-1pm</b> <b>SELF CARE AND STRESS RELIEVING ACTIVITIES</b>
	22 <b>Mindfulness March Event</b> <b>11 am - 1 pm</b>	23 <b>Stress Relieving Tuesday</b> <b>1- 3pm-</b> Movies & TV	24 <b>Wellness Wednesday</b> <b>11am- 12pm</b> - Arts & Crafts	25 <b>Free Thursday</b>	26 <b>Free Friday</b> <b>10- 11am-</b> Wii games
	29 <b>Motivation Monday</b> <b>11-11:15 am</b> Mindfulness Tip of the Week	30 <b>Stress Relieving Tuesday</b> <b>1- 3pm-</b> Movies & TV			