

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

**JUNE 2019**

S.T.A.Y. Well Center Activities

|   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY              |
|---|---|--|--|--|---------------------|
| <br><br><b>AND SEE WHAT IS AVAILABLE</b><br><br><i>Community and Campus Resources</i><br><br><i>Computers</i><br><br><i>TV</i><br><br><i>Refrigerator</i><br><br><i>Microwave</i><br><br><br><br><i>Student Artwork</i> |   |  |  |  |                     |
|   | 3<br><b>Motivation Monday</b><br>11- 11:15 Mindfulness Tip of The Day                               | 4<br><b>Stress Relieving Tuesday</b><br>1-3 Movies & TV  | 5<br><b>Wellness Wednesday</b><br>11-12 Arts & Crafts            | 6<br><b>Tone It Thursday</b><br>10-11a<br>1-3 Movies & TV            | 7<br><b>CLOSED</b>  |
|   | 10<br><b>Motivation Monday</b><br>11- 11:15 Mindfulness Tip of The Day<br>*Summer Session commences | 11<br><b>Stress Relieving Tuesday</b><br>1-3 Movies & TV | 12<br><b>Wellness Wednesday</b><br>Wii & board games<br>11-12p   | 13<br><b>Tone in Thursday</b><br>10-11a<br>Wii & board games<br>1-3p | 14<br><b>CLOSED</b> |
|   | 17<br><b>Motivation Monday</b><br>11- 11:15 Mindfulness Tip of The Day                              | 18<br><b>Stress Relieving Tuesday</b><br>1-3 Movies & TV | 19<br><b>Wellness Wednesday</b><br>Wii & board games<br>11-12p   | 20<br><b>Tone it Thursday</b><br>10-11a<br>Wii & board games<br>1-3p | 21<br><b>CLOSED</b> |
|   | 24<br><b>Motivation Monday</b><br>11- 11:15 Mindfulness Tip of The Day                              | 25<br><b>Stress Relieving Tuesday</b><br>1-3 Movies & TV | 26<br><b>Wellness Wednesday</b><br>11-12 Arts & Crafts<br>11-12p | 27<br><b>Tone It Thursday</b><br>10-11a<br>1-3 Movies & TV           | 28<br><b>CLOSED</b> |