

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

AUGUST 2019

S.T.A.Y. Well Center Activities

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Tone it Thursday Wii & board games 1-3	2 OPEN LOUNGE
AND SEE WHAT IS AVAILABLE	5 OPEN LOUNGE	6 Stress Relieving Tuesday 1-3 Movies & TV	7 Wellness Wednesday Mindfulness Tip of the Day 11-12	8 Tone in Thursday Wii & board games 1-3	9 OPEN LOUNGE
<i>Community and Campus Resources</i>	12 OPEN LOUNGE	13 Stress Relieving Tuesday 1-3 Movies & TV	14 CAMPUS CLOSED	15 Tone in Thursday Wii & board games 1-3 <i>Feast of the Assumption</i>	16 OPEN LOUNGE
<i>Computers</i>					
<i>TV</i>					
<i>Refrigerator</i>					
<i>Microwave</i>	19 OPEN LOUNGE	20 Stress Relieving Tuesday Informational Tabling (Quad) 12-1p 1:30 -3:30 movies & TV	21 Wellness Wednesday Informational Tabling (Quad) 12-1p Wii & board games 1:30 -2:30	22 Tone it Thursday Wii & board games 1-3	23 OPEN LOUNGE
<i>Student Artwork</i>					
	26 OPEN LOUNGE Women's Equality Day	27 Stress Relieving Tuesday 1-3 Movies & TV	28 Wellness Wednesday Mindfulness Tip of the Day 2-3	29 Tone it Thursday Wii & board games 1-3	30 OPEN LOUNGE 30 (sundown) – Al-Hijra begins 31 (sundown) – Al-Hijra ends