MCW OFFICE OF STUDENT HEALTH AND WELLNESS

STUDENT WELLNESS

July 2022

CENTRAL WI CAMPUS

Check out Rib Mountain State Park!

Check out the Monk Botanical Gardens!

Every Saturday at Monk Botanical Gardens - Gardens Tours (Cost $5)

Ongoing virtual classes with MCW Wellness

Heartfulness Meditation Sessions (Varied dates/times)

Yoga Fitness Class Thursdays 12-1pm (Cost $8)

Watch previously recorded nutrition webinars you might have missed!

Enjoy a Wausau Woodchucks game! (Starting at $5)

“Wellness” is comprised of the following dimensions:

PHYSICAL

EMOTIONAL

INTELLECTUAL

SOCIAL

SPIRITUAL

ENVIRONMENTAL

OCCUPATIONAL

Questions? Email Kerri at kcorcoran@mcw.edu

Thrive Together Student Support Groups (Virtual)

• Medical students – 3rd Thursday of month. 12:00 pm

**Meeting link goes out via email the week of the session**

* Visit the Marathon County Parks, Recreation, and Forestry site for many community-based wellness events and activities!

Questions about Paws with a Cause Program? Email Jenny at nowakjenny@yahoo.com or Kerri at kcorcoran@mcw.edu

Foster program between the Medical College of Wisconsin andFetch Foster and Rescue

Paws with a Cause

July 9, Sun.
International Plastic Bag Free Day

July 9, Mon.

Independence Day

Monk Botanical Gardens - Yoga in the Gardens 6pm (Cost $5)

July 9, Wed.

Tuba 2 Av

Concerts on the Square 6pm

July 9, Thurs.

Monk Botanical Gardens - Yoga in the Gardens 9:15am (Cost $5)

July 10, Fri.

Monk Botanical Gardens - Yoga in the Gardens 9:15am (Cost $5)

July 11, Sat.

Kid al-Adha

July 11, Mon.

Monk Botanical Gardens - Yoga in the Gardens 6pm (Cost $5)

July 12, Tues.

MCW Wellness - Difficult Conversations During Times of Unrest Webinar 12pm

July 13, Wed.

Monk Botanical Gardens - Yoga in the Gardens 9:15am (Cost $5)

July 13, Thurs.

MCW Wellness - Managing Up for Professional Success Webinar 12pm

July 14, Fri.

Monk Botanical Gardens - Yoga in the Gardens 9:15am (Cost $5)

July 15, Sat.

MCW Wellness - Talking to Kids About Violent Events with Widespread Media Coverage Webinar 12pm

July 15, Sun.

Enjoy a Wausau Woodchucks game! (Starting at $5)

July 16, Mon.

Monk Botanical Gardens - Yoga in the Gardens 9:15am (Cost $5)

July 17, Tues.

Monk Botanical Gardens - Yoga in the Gardens 6pm (Cost $5)

July 18, Wed.

MCW Wellness - De-escalating Potentially Violent Situations Webinar 12:00am

Concerts on the Square 6pm

July 18, Thurs.

Monk Botanical Gardens - Yoga in the Gardens 9:15am (Cost $5)

July 19, Fri.

Monk Botanical Gardens - Yoga in the Gardens 9:15am (Cost $5)

July 20, Sat.

National Disability Independence Day

MCW Wellness - De-escalating Potentially Violent Situations Webinar 12:00am

Concerts on the Square 6pm

July 21, Sun.

Eid al-Adha

July 21, Mon.

Monk Botanical Gardens - Yoga in the Gardens 9:15am (Cost $5)

July 22, Tues.

MCW Wellness - Difficult Conversations During Times of Unrest Webinar 12pm

July 23, Wed.

MCW Wellness - Talking to Kids About Violent Events with Widespread Media Coverage Webinar 12pm

July 23, Thurs.

Monk Botanical Gardens - Yoga with the Central WI Symphony Orchestra 6pm (Cost $5)

July 24, Fri.

Nelson Mandela International Day

Monk Botanical Gardens - Yoga in the Gardens 9:15am (Cost $5)

July 25, Sat.

Monk Botanical Gardens - Yoga in the Gardens 9:15am (Cost $5)

July 26, Sun.

Monk Botanical Gardens - Yoga in the Gardens 9:15am (Cost $5)

July 27, Mon.

MCW Wellness - De-escalating Potentially Violent Situations Webinar 12:00am

Concerts on the Square 6pm

July 28, Tues.

Monk Botanical Gardens - Yoga in the Gardens 9:15am (Cost $5)

July 29, Wed.

Monk Botanical Gardens - Yoga in the Gardens 9:15am (Cost $5)

July 30, Thurs.

Monk Botanical Gardens - Yoga in the Gardens 9:15am (Cost $5)

July 31, Fri.

Monk Botanical Gardens - Yoga in the Gardens 9:15am (Cost $5)

July 31, Sat.

Eid al-Adha

July 31, Sun.

International Plastic Bag Free Day

July 3, Mon.

Independence Day

Monk Botanical Gardens - Yoga in the Gardens 6pm (Cost $5)

July 4, Tues.

Monk Botanical Gardens - Yoga in the Gardens 9:15am (Cost $5)

July 5, Wed.

Monk Botanical Gardens - Yoga in the Gardens 9:15am (Cost $5)

July 6, Thurs.

Monk Botanical Gardens - Yoga in the Gardens 9:15am (Cost $5)

July 7, Fri.

Monk Botanical Gardens - Yoga in the Gardens 9:15am (Cost $5)

July 8, Sat.

MCW Wellness - Difficult Conversations During Times of Unrest Webinar 12pm

July 9, Sun.

MCW Wellness - Talking to Kids About Violent Events with Widespread Media Coverage Webinar 12pm

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