MCW OFFICE OF STUDENT HEALTH AND WELLNESS

STUDENT WELLNESS
August 2022
AKA Summer Sun Safety Month
CENTRAL WI CAMPUS

Check out Rib Mountain State Park!

Check out the Monk Botanical Gardens!
Every Saturday at Monk Botanical Gardens - Garden Tours! (Cost $5) (Until August 20)

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 $6)

“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!