



STUDENT WELLNESS

January 2026

National Blood Donor Month, National Human Trafficking Prevention Month

CENTRAL WI CAMPUS

Jan. 1, Thurs.
New Year Day

Jan. 6, Tues.
Monk Botanical Gardens- Winter Walk Meet Up 10am

Jan. 8, Thurs.
Monk Botanical Gardens- Full Moon Night Hike

Jan 9-11
US Alpine Masters Division of US Ski & Snowboard

"Wellness" is comprised of the following dimensions:

- PHYSICAL
- EMOTIONAL
- INTELLECTUAL
- SOCIAL
- SPIRITUAL
- ENVIRONMENTAL
- OCCUPATIONAL



Jan. 14, Wed.
MCWell360- Managing Up for Professional Success
Webinar 12pm

Jan. 16, Fri.
Country Line Dance Lessons 7pm

Jan. 20, Tues.
Monk Botanical Gardens- Winter Walk Meet Up 10am

Jan. 22, Thurs.
MCW Student Wellness- Bedtime Routine for Adults
Webinar 4pm

Jan. 24, Sat.
Winter Fest 11am

Jan. 27, Tues.
MCWell360- Where Are You Going? Goal Setting for
Personal and Professional Growth Webinar 1130am

Check out the
"Well, Well, Well..."
Podcast!



Check out Rib Mountain State Park!

Check out the Monk Botanical Gardens!

Watch previously recorded nutrition
webinars you might have missed!

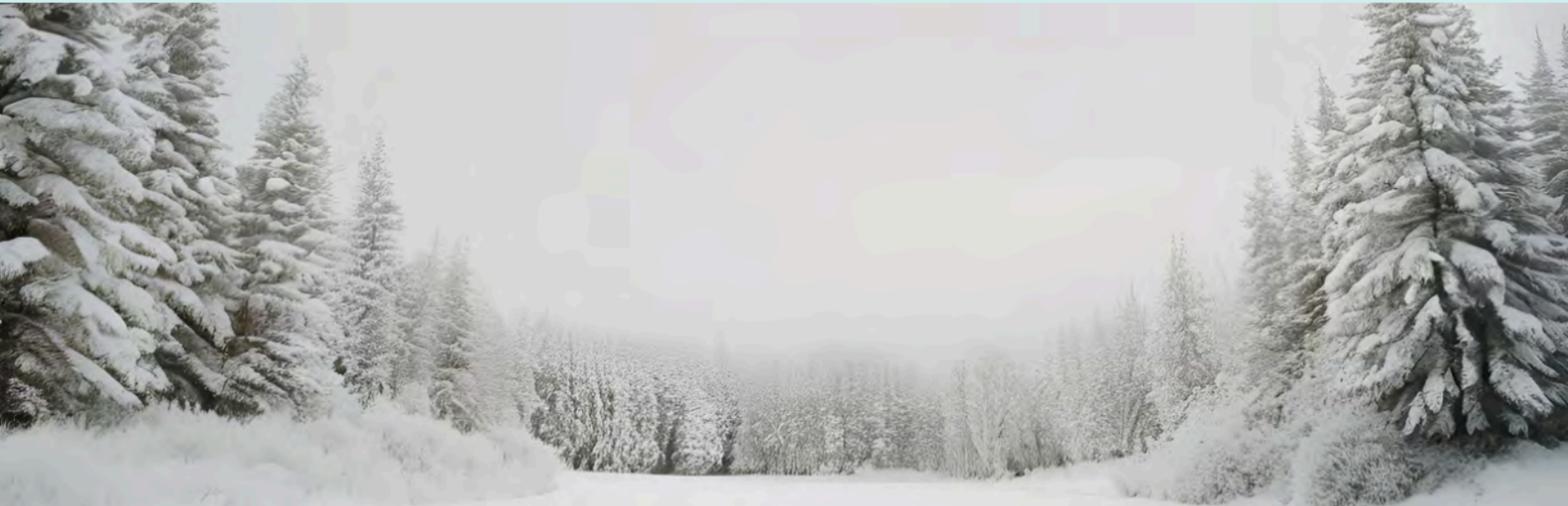
Visit the Leigh Yawkey Woodson Art Museum
for FREE!

Visit the Woodson History Center for FREE!

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

Paws with a Cause

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



Questions? Email Kerri at kcorcoran@mcw.edu!

Visit the [Marathon County Parks, Recreation, and Forestry site](#)
for many community-based wellness events and activities!