

# STUDENT WELLNESS

## May 2025

Asian American and Pacific Islander Heritage Month, Jewish American Heritage Month, Mental Health Awareness Month



### CENTRAL WI CAMPUS

May 1-3  
[Friends of MCPL Book Sale | MCPL Wausau](#)

May 3, Sat.  
[Spring Migration Bird Hike with NCCT 730am](#)  
[Marathon County Family Trivia | MCPL Wausau 10am](#)

May 6, Tues.  
[Drop-in Art Making @ The Glass Box Studio \(Weekly Tues, Wed, and Fri\)](#)  
[MCWell360- Make a Decision Already! How To Avoid Indecisiveness Webinar 12pm](#)

"Wellness" is comprised of the following dimensions:

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



May 6, Tues.  
[Free Water Ski Show The Water Walkers 630pm](#)

May 10, Sat.  
[51st Annual Children's Festival hosted by Wausau & Marathon County Parks, Recreation & Forestry](#)

May 12, Mon.  
[Community Plant Swap | MCPL Marathon City](#)

May 14, Wed.  
[Student Wellness- Dot Painting and Lunch! 12pm](#)  
[Gentle Yoga & Meditation | MCPL Mosinee](#)

May 17, Sat.  
[Outdoor Vintage Market](#)


May 20, Tues.  
[MCWell360- Coping During Uncertain Times Webinar 1130am](#)

May 29, Thurs.  
[MCWell360- Understanding Trauma Bonds In An Abusive Relationship Webinar 1215pm](#)

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](mailto:nowakjenny@yahoo.com)  
OR Kerri at [kcorcoran@mcw.edu](mailto:kcorcoran@mcw.edu)



Questions? Email Kerri at [kcorcoran@mcw.edu](mailto:kcorcoran@mcw.edu)!

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