MCW OFFICE OF STUDENT HEALTH AND WELLNESS

STUDENT WELLNESS
August 2021
CENTRAL WI CAMPUS

Aug 5, Tues.
Kern National Network for Caring & Character Discussion Series
4PM

Aug 5, Thurs.
MCW Wellness - Back to School 2PM (Recommended for students with school-aged children)

Aug 9, Mon.
MCW Wellness - Women in Science - Programs and Partnerships to Promote Health Equity, Locally and Globally 12AM

Aug 11, Wed.
MCW Wellness - Preparing for Back to School 1PM (Recommended for students with school-aged children)

Aug 18, Wed.
MCW Wellness - Preparing for Back to School 2PM (Recommended for students with school-aged children)

Aug 20th-21st
Big Bull Falls Blues Fest

Aug 25, Wed.
MCW Wellness - How is Your Cybersecurity? 12PM

Aug 26, Thurs.
MCW Wellness - Cutting Through the Clutter 12PM

Monk Gardens Events
Visiting the gardens is FREE. Open daily 7AM-7PM
Every Monday Yoga in the Gardens 6PM (Cost $5 per session)
Every Wednesday Yoga in the Gardens 6PM (Cost $5 per session)
Every Saturday Tour nAM (Cost $2)

Farmers Market of Wausau
Wednesdays and Saturdays at 7AM

Concerto on the Square (Until Aug. 18th)
Every Wednesday at 6PM

Jazz on the River
Starting Aug 1st, Every Sunday at 3PM

MCW Wellness Ongoing Classes
Every Sunday at 3AM Heartfulness Meditation
Every Monday at 5:30PM High Intensity Interval Training (Cost $10)
Every Wednesday at 12PM Heartfulness Meditation
Every Wednesday at 12:15PM Intermediate Yoga (Cost $8)
Every Thursday at 12PM Heartfulness Meditation
Every Thursday at 12PM Yoga (Cost $8)
Every Thursday at 5:30PM HIIT (Cost $10)

Check out Rib Mountain State Park!

PHYSICAL
EMOTIONAL
INTELLECTUAL
SOCIAL
SPIRITUAL
ENVIRONMENTAL
OCCUPATIONAL

“Wellness” is comprised of the following dimensions:

Questions? Email Kerri at kcorcoran@mcw.edu!

Thrive Together Student Support Groups (Virtual)
• Graduate students – will resume in August 2021
• 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!