MCW OFFICE OF STUDENT HEALTH AND WELLNESS

STUDENT WELLNESS
April 2022
CENTRAL WI CAMPUS

April 7, Sat.
Ramadan Begins

April 9, Mon.
Wellness Summit - Harnessing Happiness, Resilience and Joy in Healthcare- 9am-10:30am
SET Force - Student Poetry Slam Night- 8pm (In-person and Virtual)
Email Kerri at kcorcoran@mcw.edu for more info/to perform a piece

April 9, Wed.
MCW Wellness - A Well-Designed Life: Using Design Thinking for Happiness and Well-Being Webinar 12pm

April 10, Thurs.
Student Wellness - Learning to Say No Webinar 4-5pm

April 11, Fri.
CDPR Lecture - What I Wish I Learned in Medical School About Nutrition 12pm

April 12, Sat.
MCW Wellness - A Well-Designed Life: Using Design Thinking for Happiness and Well-Being 3pm

April 12, Tues.
Monk Botanical Gardens - Garden Chat with Marissa 12pm
UEC - Virtual Healthy Cooking Demonstrations - Tuscan Salmon and Pasta 3pm

April 13, Wed.
MONK BOTANICAL GARDENS - GARDEN CHAT WITH MARISSA 12PM

April 14, Thurs.
Kern Institute Connection Cafe titled Finding Joy, Resilience, and Character: My Medical Education Journey 4pm

April 15, Fri.
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April 16, Sat.
Set Free: A Well-Designed Life: Using Design Thinking for Happiness and Well-Being 9pm

April 17, Sun.
Easter Sunday

April 18, Mon.
Tax Day

April 19, Tues.
MCW Wellness - Relaxation ‘Micro-Moments’ and Winding-Down Techniques Webinar 12pm

April 20, Wed.
Earth Day

April 21, Thurs.
MCW Wellness - Discovery Driven Learning Family Webinar 10am

April 22, Fri.
Earth Day

April 23, Sat.
MCW Wellness - A Well-Designed Life: Using Design Thinking for Happiness and Well-Being 3pm

April 24, Sun.
Easter Monday

April 25, Mon.
Passover

April 26, Tues.
MCW Wellness - Discovery Driven Learning Family Webinar 11am

MCW Wellness Ongoing Classes
Everyday at varied times Heartfulness Meditation
Every Monday at 3:30PM High Intensity Interval Training (Cost $8)
Every Thursday at 12PM Yoga (Cost $8)

MCW Student Health and Wellness presents...
** WEEKLY STEP 1 PREP CONNECTION GROUPS! **
Every Tuesday 12-1pm (Virtual)
Stop by when your schedule allows
Email Kerri at kcorcoran@mcw.edu for Zoom link!

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!

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!

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

Check out Rib Mountain State Park!

"Wellness" is comprised of the following dimensions:

PHYSICAL
EMOTIONAL
INTELLECTUAL
SOCIAL
SPIRITUAL
ENVIRONMENTAL
OCCUPATIONAL

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