

STUDENT WELLNESS

January 2026

National Blood Donor Month, National Human Trafficking Prevention Month

GREEN BAY CAMPUS

Jan. 1, Thurs.
New Year Day

Jan. 3, Sat.
Winter Farmers Market on Military 9am

Jan. 13, Tues.
Community Art Night-Pay What You Can 5pm

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

"Wellness" is comprised of the following dimensions:

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



Jan. 16, Fri.
Winter Carnival Family Fun Night 430pm

Jan. 17, Sat.
Winter Farmers Market on Military 9am

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

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

Jan. 31, Sat.
Winter Farmers Market on Military 9am

Check out the “Well,
Well, Well...” Podcast!



Bay Beach Wildlife Sanctuary FREE
Community Events (Family Friendly)

Visit the Safe Haven Pet Sanctuary! 

FREE Exhibitions at the Art Garage 

Visit Heritage Hill State Park!

Visit High Cliff State Park!

Lyric Room Open Mic Nights
Every Thursday at 7PM



Questions about the Foster with
Heart Program? Email Kerri at
kcorcoran@mcw.edu



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Visit the [Green Bay Recreation site](#) for many
community-based wellness events/classes!