



STUDENT WELLNESS

December 2025

Universal Human Rights Month, Seasonal Affective Disorder (SAD) Awareness Month

GREEN BAY CAMPUS

Throughout the month: [Festival of Trees](#) at the National Railroad Museum and [Holiday Memories of Downtown Green Bay 2025](#)

Mon. Dec. 1
World AIDS Day

Wed. Dec. 3
International Day of People with Disabilities

Tues. Dec. 9
[MCWell360- Psychological Safety Webinar 12pm](#)

Wed. Dec. 10
International Human Rights Day

Dec 11-14
[WPS Garden of Lights](#)

Thurs. Dec. 11
[Christkindlmarket on Broadway](#)
[MCWell360- Humility - An Underappreciated Trait Of Confident People Webinar 1215pm](#)
[MCWell360- Supporting the Sandwich Generation Webinar 2pm](#)

Dec. 14-22
Hanukkah

Sat. Dec. 20
[Winter Farmers Market on Military](#)

Thurs. Dec. 25
Christmas

Dec. 26-Jan 1
Kwanzaa

"Wellness" is comprised of the following dimensions:

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



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!