MCW OFFICE OF STUDENT HEALTH AND WELLNESS

STUDENT WELLNESS

April 2024

National Minority Health Month, Stress Awareness Month, Move More Month

GREEN BAY CAMPUS

April 3, Wed.
Student Wellness- Supporting Your Mental Health & Well-Being, Burnout, and More Webinar 12pm

April 4, Thurs.
MCW Wellness- Avoiding Burnout: Self-Assessment Methods and Strategies for Self-Care 12pm

April 6, Sat.
Winter Market on Military 9am

"Wellness" is comprised of the following dimensions:

PHYSICAL
EMOTIONAL
INTELLECTUAL
SOCIAL
SPIRITUAL
ENVIRONMENTAL
OCCUPATIONAL

April 18, Thurs.
2024 Inclusive Excellence Conversation 11am
ODI- Social Influences and Personal Interactions 1: The Inclusive Workplace 1pm

April 20, Sat.
Winter Market on Military 9am

April 22, Mon.
NCBI: Building a MCW Culture of Belonging Workshop 1pm

April 25, Thurs.
Student Wellness- Loving You: Boosting Self Esteem And Acceptance Webinar 4pm

April 30, Tues.
ODI- Belonging and Dignity 2: Modeling Appreciation and Respect 1pm

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

SCAN ME

Bay Beach Wildlife Sanctuary FREE Community Events (Family Friendly)

Visit the Safe Haven Pet Sanctuary!

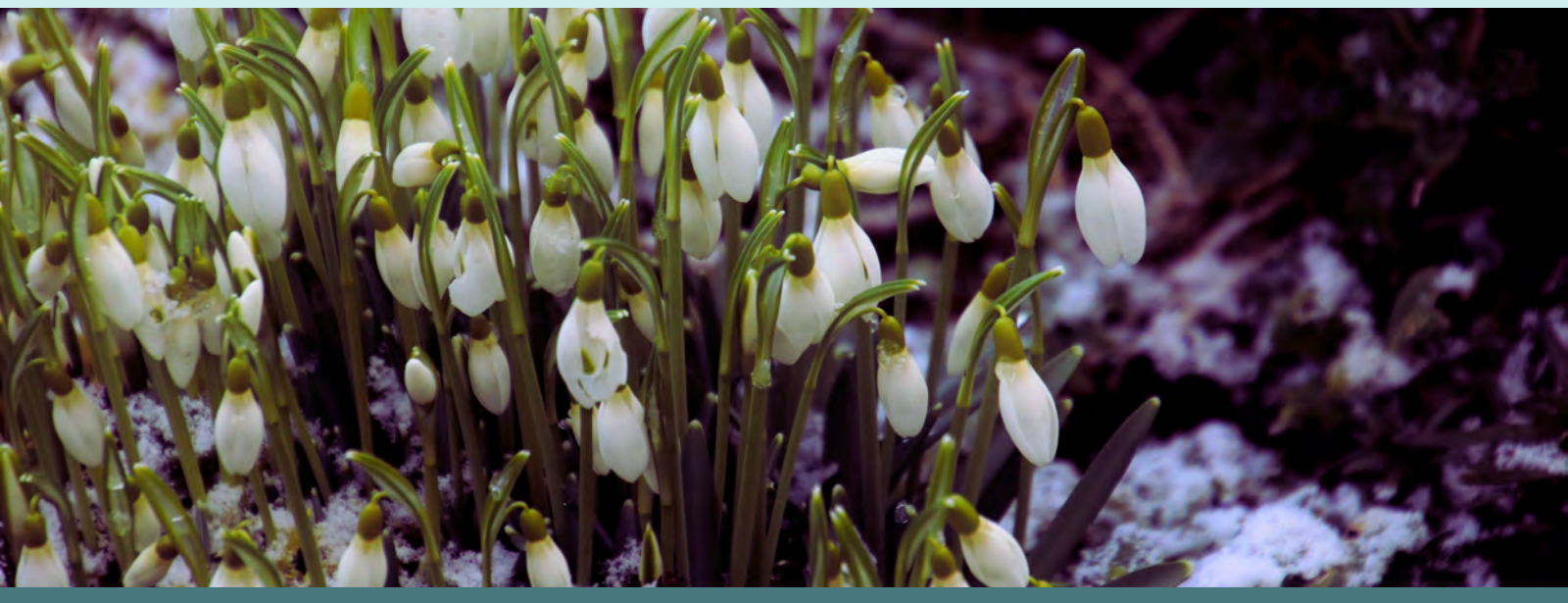
FREE Exhibitions at the Art Garage

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



Questions? Email Kerri at kcorcoran@mcw.edu!

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Visit the Green Bay Recreation site for many community-based wellness events/classes!