

STUDENT WELLNESS

February 2024

Black History Month, American Heart Month, National Cancer Prevention Month

GREEN BAY CAMPUS

Feb. 1, Fri.
National Freedom Day

Feb. 3, Sun.
Cafe Crawl 8:30am (Cost \$10)
Winter Market on Military 9am

Feb. 7, Wed.
MCW Wellness- Time Management Tools: To-Do Lists, Calendars, Smart Phones and More Webinar 12:15pm

Feb. 8, Thurs.
ODI- Belonging and Dignity 2: Modeling Appreciation and Respect 10am

"Wellness" is comprised of the following dimensions:

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



Feb. 9-10
Candlelight Hike 5pm (Cost \$5)

Feb. 10, Sat.
Lunar New Year

Feb. 14, Wed.
Valentine's Day

Feb. 17, Sat.
Winter Market on Military 9am

Feb. 18, Sun.
AVB Community Band Concert 2pm

Feb. 19, Mon.
Presidents' Day

Feb. 20, Tues.
ODI- Social Influences and Personal Interactions 1: The Inclusive Workplace 2pm

Feb. 22, Thurs.
ODI- NCBI: Building a MCW Culture of Belonging Workshop 10am
MCW Wellness- Cutting Through the Clutter Webinar 12pm


Feb. 28, Wed.
ODI- Belonging and Dignity 1: Feeling Seen and Connected at Work

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!