



STUDENT WELLNESS

December 2025

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

MILWAUKEE CAMPUS

Mon. Dec. 1
World AIDS Day

Wed. Dec. 3
International Day of People with Disabilities

Thurs. Dec. 4
[Urban Ecology Center- Eco Book Club- Ecochallenge: Menu for the Future](#)

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

"Wellness" is comprised of the following dimensions:

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



Wed. Dec. 10
International Human Rights Day

Thurs. Dec. 11
[MCWell360- Humility - An Underappreciated Trait Of Confident People Webinar 1215pm](#)
[MCWell360- Supporting the Sandwich Generation Webinar 2pm](#)
[UEC- Sustainability for the New Year Workshop 5pm](#)

Sat. Dec. 13
[UEC- Art Opening - Relationships Reflected 10am](#)

Wed. Dec. 17
[UEC- Mindful Mending 4pm](#)

Dec. 14-22
Hanukkah

Thurs. Dec. 18
[UEC- Spark in the Dark Date Night 630pm](#)

Thurs. Dec. 25
Christmas

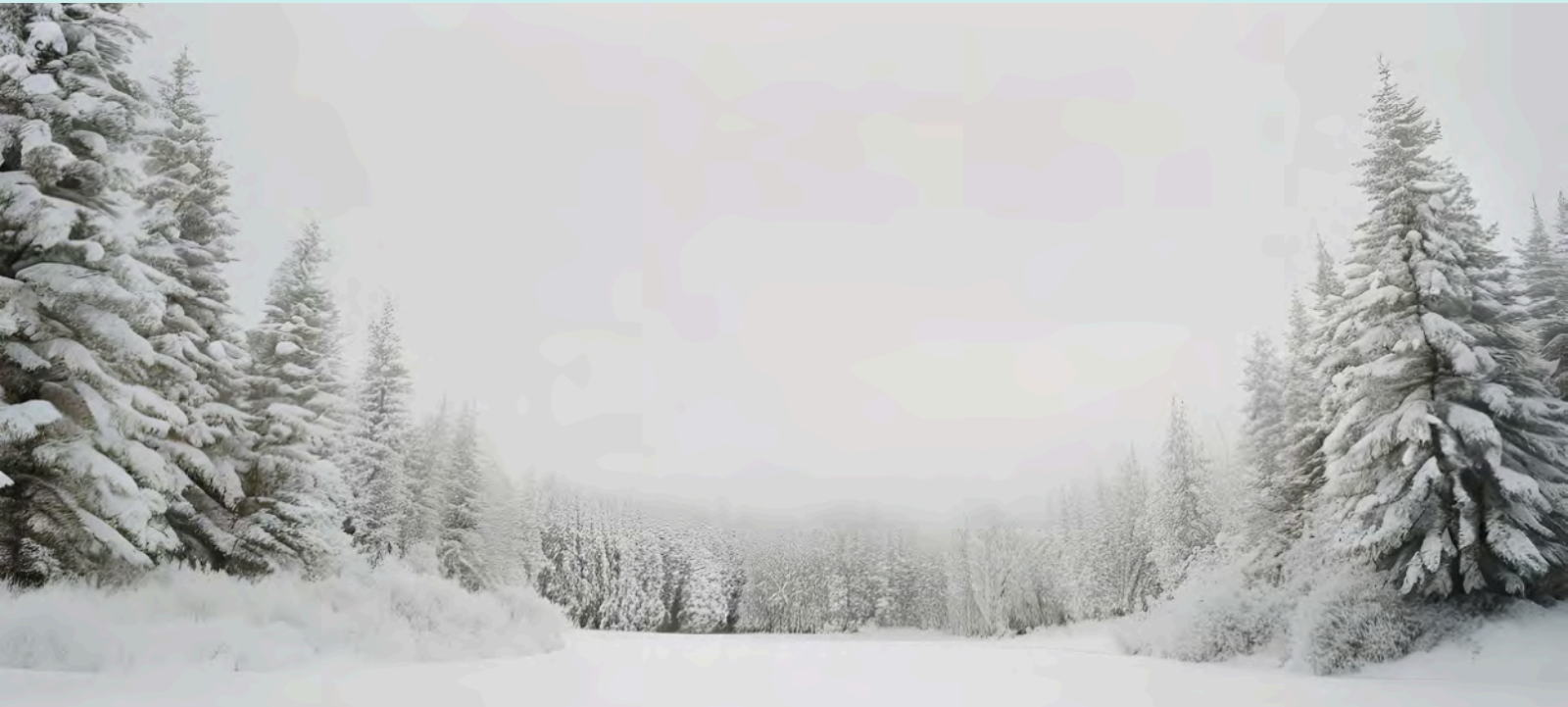
Dec. 26-Jan 1
Kwanzaa

[Urban Ecology Center Ongoing Events](#)
Every Tues., Wed., Thurs. at 8am Early Morning Bird Walk
Every Tuesday and Thursday Riverside Park Restoring Our Outdoors Together
Every Wednesday & Friday Washington Park ROOT
Every Thursday at Menomonee Park ROOT

Ongoing [FREE](#) classes with MKE Rec
Yoga
Restorative Yoga
Sound Bath
Functional Strength Training
Nordic Walking for Beginners

[CHECK OUT THE FAILURE SHARE SERIES!](#)

BROUGHT TO YOU BY THE OFFICE OF HEALTH AND WELLNESS



Questions about using your UEC discount codes?
Email Kerri at kcorcoran@mcw.edu!

Questions about Paw the Stress Away, the animal shelter/foster program?
Email Jessica at HAWS at jessica@hawspets.org

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[Tonkens Gym](#)

24/7 access with your MCW badge!