

STUDENT WELLNESS

January 2026

National Blood Donor Month, National Human Trafficking Prevention Month



MILWAUKEE CAMPUS

Jan. 1, Thurs.
New Year Day

Jan. 8, Thurs.
Urban Ecology Center- Friends & Families Game Night 4pm
Urban Ecology Center- Eco Book Club: Bad River Film 530pm

Jan. 9, Fri.
Nocturnal Neighbors: An Owl Outing with the UEC 5pm

Jan. 10, Sat.
UEC- Clases de Nutrición 10am

"Wellness" is comprised of the following dimensions:

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



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

Jan. 15, Thurs.
UEC- Veganuary Potluck with Friends of Real Food 6pm

Jan. 17, Sat.
UEC- Winter Ecology Walk 10am

Jan. 21, Wed.
UEC- Mindful Mending 4pm

Jan. 22, Thurs.
MCW Student Wellness- Bedtime Routine for Adults Webinar 4pm
UEC- Gathering in Gratitude: Treasure Trade 4pm

Jan. 24, Sat.
UEC- Take it Outside Day - Snowshoes & Sleds 10am

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

Urban Ecology Center Ongoing Events

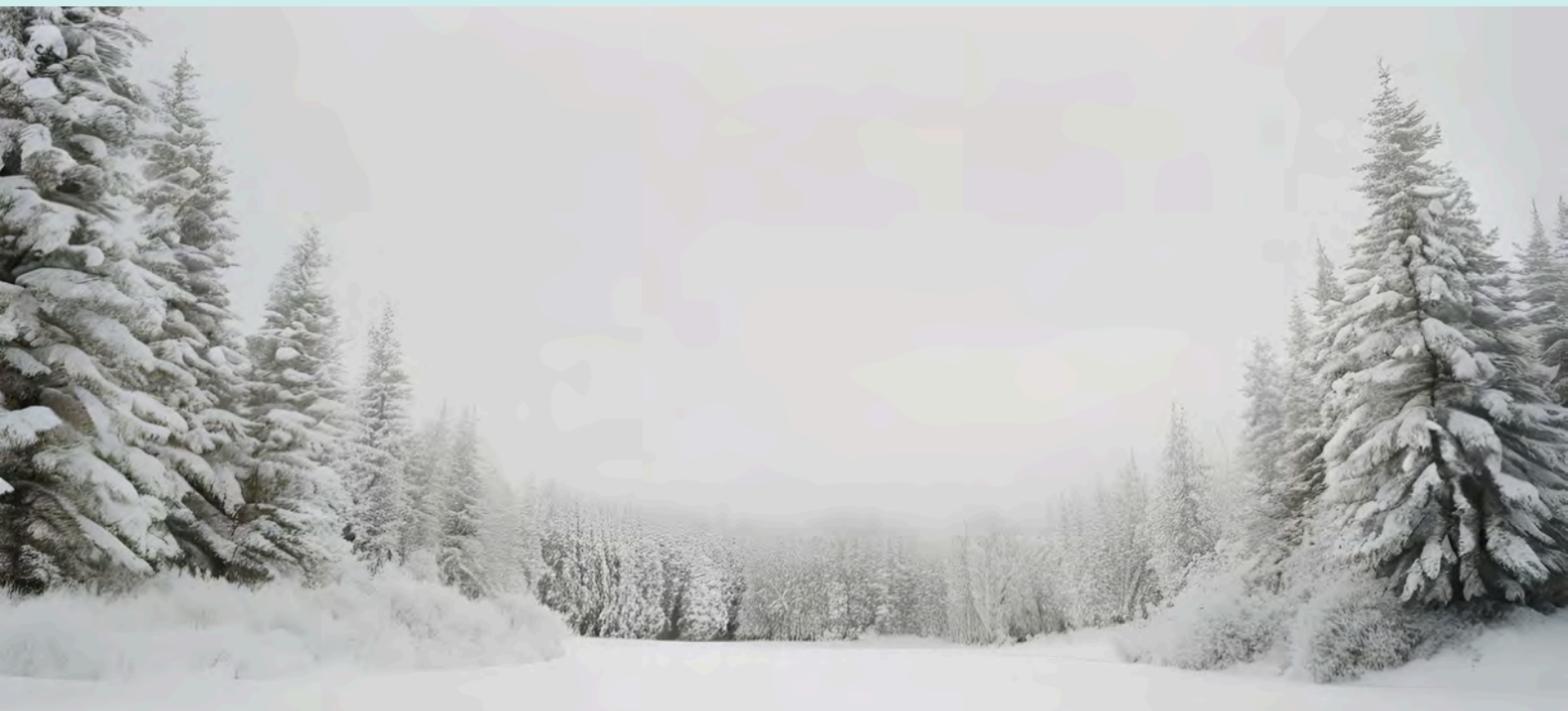
- Every Tues., Wed., Thurs. at 8am Early Morning Bird Walk
- Every Tuesday and Thursday Riverside Park Restoring Our Outdoors Together
- Every Wednesday & Friday Washington Park ROOT
- Every Thursday at Menomonee Park ROOT

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

•
Tonkens Gym

24/7 access with your MCW badge!