

STUDENT WELLNESS

May 2025

Asian American and Pacific Islander Heritage Month, Jewish American Heritage Month, Mental Health Awareness Month



MILWAUKEE CAMPUS

"Wellness" is comprised of the following dimensions:

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

May 1, Thurs.
Urban Ecology Center- Friends & Families Game Night 4pm

May 3, Sat.
UEC- Mindful Birding 11am

May 6, Tues.
MCWell360- Make a Decision Already! How To Avoid Indecisiveness Webinar 12pm



May 11, Sun.
UEC- Backyard Birding Blitz - Brew City Birding Festival

May 13, Tues.
UEC- Drop-in Yoga 5pm

May 15, Thurs.
UEC- Beginners Birding by Boat on the Lagoon - Brew City Birding Festival 5pm

May 17, Sat.
UEC- Take it Outside Day - Camping Basics 10am

May 20, Tues.
MCWell360- Coping During Uncertain Times Webinar 1130am

May 27, Tues.
UEC- Drop-in Yoga 5pm

May 29, Thurs.
MCWell360- Understanding Trauma Bonds In An Abusive Relationship Webinar 1215pm

May 31, Sat.
UEC- Healthy Families Fitness Series 10am
UEC- Green Spaces, Familiar Faces 1pm

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
- Polar Pedalers
- 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!