STUDENT WELLNESS
August 2021
MILWAUKEE CAMPUS

MCW OFFICE OF STUDENT HEALTH AND WELLNESS

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Aug 3, Tues.
Kern National Network for Caring & Character Discussion Series 4PM

Aug 4, Wed.
Deer District Night Market (Presented by Froedtert/MCW) 5PM

Aug 5, Thurs.
MCW Wellness - Back to School 5PM (Recommended for students with school-aged children)

Aug 6, Fri.
Urban Ecology Center - Virtual - The Bald Eagle: Soaring in Great Numbers 9AM

MCW Wellness - Women in Science - Programs and Partnerships to Promote Health Equity, Locally and Globally 11AM

Aug 7, Sat.
MCW Wellness - Women in Science - Programs and Partnerships to Promote Health Equity, Locally and Globally 11AM

Aug 10, Tues.
UEC - Stroller Stroll With Meghan and Glenna 9:45AM

Aug 11, Wed.
Deer District Night Market (Presented by Froedtert/MCW) 5PM

Aug 12, Thurs.
UEC - Sunset Hike and Paint 6PM

Aug 13, Fri.
UEC - Sunset Canoe 5:30PM (Cost $24-$34)

Aug 18, Wed.
MCW Wellness - Preparing for Back to School 2PM (Recommended for students with school-aged children)

Aug 19, Thurs.
UEC - Exploring Dragonfly Pond 9AM

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MCW Wellness Ongoing Classes
Every Sunday at 5AM Heartfulness Meditation
Every Monday at 5:30PM High Intensity Interval Training (Cost $15)
Every Wednesday at 10PM Heartfulness Meditation
Every Wednesday at 11:30PM Intermediate Yoga (Cost $15)
Every Thursday at 10PM Heartfulness Meditation
Every Thursday at 11PM Yoga (Cost $15)
Every Thursday at 5:30PM HIIT (Cost $15)

Urban Ecology Center Ongoing Events
Every Tuesday at 8AM Early Morning Bird Walk at Menomonee Valley
Every Tuesday at 9AM Riverside Park Restoring Our Outdoors Together
Every Tuesday at 11AM Picnic Facilities
Every Tuesday at 10AM Monarch Larva Monitoring at Menomonee Valley
Every Tuesday at 5PM Washington Park Community Fishing Club
Every Tuesday at 4PM Bike Survey at Menomonee Valley
Every Wednesday at 5AM Early Morning Bird Walk at Washington Park

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Questions about activating your UEC membership?
Email Kerri at kcorcoran@mcw.edu!

Questions about Paw the Stress Away, the short-term foster pet program?
Email Jessica at HAWS at jessica@hawspets.org

Thrive Together Student Support Groups (Virtual)
-Graduate students - will resume in August 2021
-Medical students - 3rd Thursday of month, 11:00 AM

**Meeting link goes out via email the week of the session**

Tonkens Gym
Hours M-F 5:00AM-10:00PM S/S 10:00AM-2:00PM

Click here for 2021 Milwaukee Farmers Market Guide!

Visit the Milwaukee Recreation site for many community-based wellness classes!