MCW OFFICE OF STUDENT HEALTH AND WELLNESS

STUDENT WELLNESS
April 2022
MILWAUKEE CAMPUS

MCW Wellness Ongoing Classes

Varied dates and times: Heartfulness Meditation
Every Monday at 5:30 PM
High Intensity Interval Training (Cost $8)
Every Thursday at 12 PM
Yoga (Cost $8)

Urban Ecology Center Ongoing Events

Every Tuesday at $4 AM Riverside Park Restoring Our Outdoors Together
Every Tuesday at 9 AM Menomonee Valley ROOT
Every Friday at 9 AM Washington Park ROOT
Almost every Saturday at 9 am Mornings of Mindfulness

Check out the Milwaukee County Parks System!

Visit the Milwaukee Recreation site for many low cost (and some free!), community-based wellness classes!

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 jessica@hawspets.org

Thrive Together Student Support Groups (Virtual)
•Graduate students – 2nd Tuesday of month, 12:00 PM
•Medical students – 3rd Thursday of month, 12:00 PM

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

Tenkos Gym
Hours: M-F 4:00 AM-12:00 PM & S/S 5:30 AM-12:00 PM

April 1, Sat.
RAMADAN BEGIN

MCW Wellness- A Well-Designed Life: Using Design Thinking for Happiness and Well-Being Webinar 12PM

April 2, Sat.
Ramadan Begins

April 4, Mon.
Wellbeing Summit- Harnessing Happiness, Resilience and Joy in Healthcare 9 am-12 pm
SET Force- Student Poetry Slam Night 6 pm (In-person and Virtual)
Email Kerri at kcorcoran@mcw.edu for more info/to perform a piece

April 5, Tue.
MCW Wellness- A Well-Designed Life: Using Design Thinking for Happiness and Well-Being Webinar 12PM

April 6, Wed.
MCW Wellness- Learning to Say No Webinar 4-5 PM

April 7, Thu.
Student Wellness- Learning to Say No Webinar 4-5 PM

April 8, Fri.
Urban Ecology Center- Terrarium Workshop 4 pm (Cost $9)

April 9, Sat.
UEC- Rock Climbing Basics 12 pm (Cost $5)

April 13, Thu.
MCW Wellness- A Well-Designed Life: Using Design Thinking for Happiness and Well-Being Webinar 12PM

April 15, Sat.
UEC- Rock Climbing Basics 12 pm (Cost $5)

April 16, Sun.
Easter Sunday

April 17, Mon.
Tax Day

April 18, Tue.
Wellbeing Summit- Harnessing Happiness, Resilience and Joy in Healthcare 9 am-12 pm
SET Force- Student Poetry Slam Night 6 pm (In-person and Virtual)
Email Kerri at kcorcoran@mcw.edu for more info/to perform a piece

April 19, Wed.
UEC (Virtual)- Two American Families - Environmental and Social Justice Film Series 7:30 pm

April 20, Thu.
MCW Wellness- Relaxation “Micro-Moments” and Winding-Down Techniques Webinar 12:00 pm

April 21, Fri.
Earth Day

April 23-29
UEC- Earth Week Activities (Locations/Times TBA)

April 24, Sat.
MCW Wellness- Discovery Driven Learning Family Webinar 12 pm

April 25, Sun.
UMMC- Student Poetry Slam Night 6 pm (In-person and Virtual)

April 26, Mon.
UEC- Rock Climbing for Beginners 12 pm (Cost $5)

April 26, Mon.
Tax Day

April 26, Tue.
MCW Wellness- Discovery Driven Learning Family Webinar 12 pm

April 27, Wed.
UEC- Virtual Healthy Cooking Demonstrations- Tunisian Salmon and Pasta 12 pm

April 28, Thu.
MCW Wellness- A Well-Designed Life: Using Design Thinking for Happiness and Well-Being Webinar 12PM

April 29, Fri.
Earth Day

April 30, Sat.
Ramadan Ends

Check out the Milwaukee County Parks System!

“Wellness” is comprised of the following dimensions:

PHYSICAL
EMOTIONAL
INTELLECTUAL
SOCIAL
SPIRITUAL
ENVIRONMENTAL
OCCUPATIONAL