MCW OFFICE OF STUDENT HEALTH AND WELLNESS

STUDENT WELLNESS
November 2021
MILWAUKEE CAMPUS

Nov 7, Mon.
National Day of American Indian Heritage Month

Nov 8, Tue.
Office of Student Health and Wellness - Responding to Behavior That Makes You Feel Uncomfortable at 5PM

Nov 9, Wed.
QPR Suicide Prevention Gatekeeper Training at 5PM
MCW Wellness - The Whole Grain Picture: Sharing the Science Behind Oats at 1PM

Nov 10, Thu.
MCW Wellness - Overcoming Procrastination at 5PM

Nov 11, Fri.
Veterans Day
UEC- Early Morning Bird Walk at 8AM (Email kcorcoran@mcw.edu to register!)
Student Org Events - AICM: Herbal Medicine Talk at 12PM

Nov 12, Sat.
UEC- Cider and Cycles Ride to Three Bridges at 9AM

Nov 13, Sun.
World Diabetes Day

Nov 14, Mon.
MCW Wellness - “What Happened to MY World?” Helping Children Cope (Suggested for students with children) at 5:30PM
Student Org Events - OB/GYN Day-in-the-life Ethical Dilemmas at 5:30PM

Nov 15, Tue.
MCW Wellness - Encouraging Resilience and Gratitude in Young Children (Suggested for students with children) at 5PM

Nov 16, Wed.
Student Org Events - Racial Justice in the Legal Field at 5PM

Nov 17, Thu.
Student Org Events - SOC: Diverse Skin and Cultural Humility Lunch Talk at 10AM

Nov 18, Fri.
Student Org Events - DIG: Diverse Skin and Cultural Humility Lunch Talk at 10AM

Nov 19, Sat.
UEC - Turkey Trot Fun Run & Walk at 8AM

Nov 20, Sun.
UEC - Turkey Trot Fun Run & Walk at 8AM

Nov 21, Mon.
Happy Thanksgiving!
Milwaukee Turkey Trot!

Nov 22, Tue.
Native American Heritage Day

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“Wellness” is comprised of the following dimensions:

PHYSICAL
EMOTIONAL
INTELLECTUAL
SOCIAL
SPIRITUAL
ENVIRONMENTAL
OCCUPATIONAL
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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@mcw.edu!

Thrive Together Student Support Groups (Virtual)
•Ungraduate students – 2nd Tuesday of month, 6-7pm
•Medical students – 3rd Thursday of month, 12-1pm
**Meeting link goes out via email the week of the session**

Tonkos Gym
Hours M-F 7:30AM-9:00PM S/S 8:00AM-2:00PM

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