

STUDENT WELLNESS

May 2024

Mental Health Awareness Month

CENTRAL WI CAMPUS



May 1-10

[Monk Botanical Gardens Spring Plant Sale](#)

May 1, Wed.

[MCW Wellness- Breaking Free from Emotional Manipulation Webinar 1130am](#)

May 2, Thurs.

[ODI- Social Influences and Personal Interactions 2: Being Your Best Self at Work 1pm](#)

May 3, Fri.

[Marathon County Historical Society- Vintage Game Night 530pm](#)

"Wellness" is comprised of the following dimensions:

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



May 5, Sun.
[Cinco de Mayo](#)

May 10-19
[Monk Botanical Gardens Go Public Gardens Days](#)

May 10, Fri.
[MCW Wellness- Talk Saves Lives: An Introduction to Suicide Prevention in the LGBTQ Community Webinar 11am](#)

May 12, Sun.
[Mother's Day](#)

May 14, Tues.
[ODI- NCBI: Building a MCW Culture of Belonging Workshop 1pm](#)

May 15, Wed.
[Marathon County Public Library- Gentle Yoga and Meditation 10am](#)
[MCW Wellness- Developing Grit - Strategies for Success in Work and Life Webinar 12pm](#)
[MCW Wellness- You Really ARE Making a Difference Webinar \(for parents\) 2pm](#)

May 16, Thurs.
[ODI- 2024 Inclusive Excellence Conversation 11am](#)


May 17, Fri.
[International Day Against Homophobia, Transphobia, and Biphobia](#)

May 23, Thurs.
[MCW Wellness- Time Management & Managing Your Task List Webinar 11am](#)

May 27, Mon.
[Memorial Day](#)

May 31, Fri.
[Monk Botanical Gardens- Birding with the Boss 730am](#)

[Check out Rib Mountain State Park!](#)

[Check out the Monk Botanical Gardens!](#) 

[Watch previously recorded nutrition webinars you might have missed!](#)

[Visit the Leigh Yawkey Woodson Art Museum for FREE!](#)

[Visit the Woodson History Center for FREE!](#)

Foster program between the
Medical College of Wisconsin and Fetch Foster and Rescue
Paws with a Cause

Questions about Paws with a Cause Program?
Email Jenny at nowakjenny@yahoo.com
OR Kerri at kcorcoran@mcw.edu



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Visit the [Marathon County Parks, Recreation, and Forestry site](#) for many community-based wellness events and activities!