



STUDENT WELLNESS

May 2024

Mental Health Awareness Month

MILWAUKEE CAMPUS

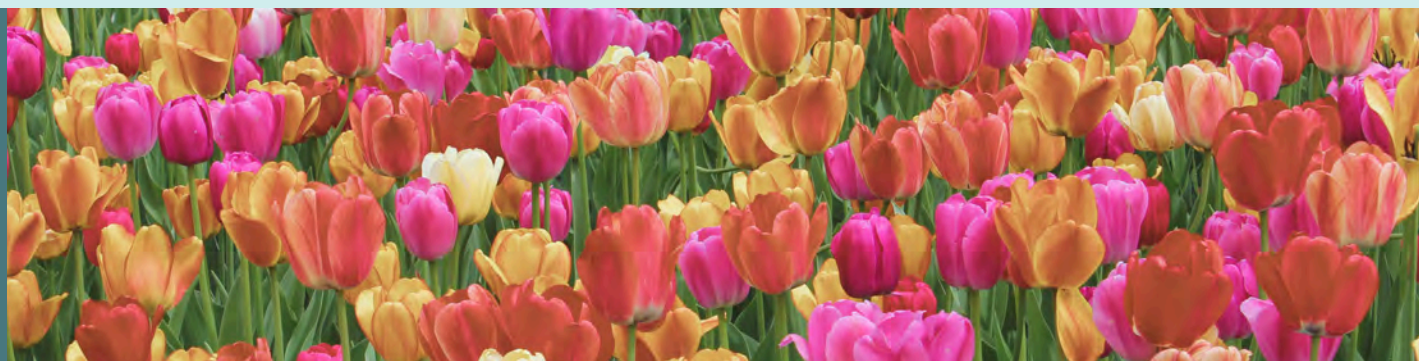
"Wellness" is comprised of the following dimensions:

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

May 1, Wed.
 MCW Wellness- [Breaking Free from Emotional Manipulation Webinar 1130am](#)
 Urban Ecology Center- [Mindful Mending \(Every Wed.\) 4pm](#)

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

May 5, Sun.
 Cinco de Mayo



May 6, Mon.
 Therapy dogs in campus! 12-1pm Cafeteria Lobby

May 7, Tues.
 Mental Health Awareness Month Event! 11am-1pm
 Cafeteria Lobby

May 10, Fri.
 UEC- [Owl's Moving Castle - Virtual Backyard Naturalist Series - Brew City Birding Festival 9am](#)
 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.
 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](#)
 Urban Ecology Center [Photo Club 630pm](#)

May 17, Fri.
 International Day Against Homophobia, Transphobia, and Biphobia

May 18, Sat.
 UEC- [The Life of Food, Feeding Our Lives: A Foodie Workshop 930am](#)
 UEC- [Take it Outside Day - Bikes at Riverside Park 10am](#)
 UEC- [Seedling Swap 11am](#)
 UEC- [Wild Knowing: The Arts of Ecological Culture 1pm](#)

May 20, Mon.
 UEC- [In the Forest - Environmental & Social Justice Film Series 530pm](#)

May 23, Thurs.
 MCW Wellness- [Time Management & Managing Your Task List Webinar 11am](#)
 UEC- [Richard Knight Art Opening 5pm](#)

May 27, Mon.
 Memorial Day

Urban Ecology Center Ongoing Events

- [Brew City Birding Festival Events! \(all through May\)](#)
- 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](#) fitness classes with [MKE Rec](#)

- Indoor Yoga
- Functional Strength Fitness
- Community Bike Rides
- Nordic Walking for Beginners

[CHECK OUT THE FAILURE SHARE SERIES!](#)

BROUGHT TO YOU BY THE OFFICE OF HEALTH AND WELLNESS



Questions about activating your UEC membership?
 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!