**DIMENSIONS OF WELLNESS**

- **EM** Emotional
- **EV** Environmental
- **IN** Intellectual
- **OC** Occupational
- **PH** Physical
- **SO** Social
- **SP** Spiritual

**OCTOBER**

**WEEK 15TH-21ST**

**MORNING**

- **8am-5pm: Winslow Health Center hours**

**AFTERNOON**

- **12pm-11:45pm: Craft Corner, Whitewash Shapes, Game Room**
- **7:30pm: Lecture, Dr. Robert Glennon, Ford Chapel**

**NIGHT**

- **7:30pm: Quiet Hours, Ford Chapel**
- **9pm-12am: Quiet Hours, Ford Chapel**

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**HOURS**

- **8am-12pm; 1-5pm: Counseling and Personal Development Center hours**

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**DIRECTIONS**

- **SP** Small Print
- **EM** Emotional
- **OC** Occupational
- **PH** Physical
- **EM** Emotional
- **IN** Intellectual
- **OC** Occupational
- **PH** Physical
- **EM** Emotional
- **IN** Intellectual
- **OC** Occupational
- **PH** Physical

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**APPOINTMENTS**

- *For appointments, call Counseling and Professional Development Center (332-4368) or Winslow Health Center (332-4355). Walk-ins accepted at Winslow as schedule allows.*