<table>
<thead>
<tr>
<th>MONDAY  8</th>
<th>TUESDAY  9</th>
<th>WEDNESDAY 10</th>
<th>THURSDAY 11</th>
</tr>
</thead>
<tbody>
<tr>
<td>SP 7-9am: Quiet Hours, Ford Chapel</td>
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</tr>
<tr>
<td>EM 8am-12pm; 1-5pm: Counseling and Personal Development Center hours*</td>
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<td>EM 8am-5pm: Winslow Health Center hours*</td>
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<tr>
<td>EE 1-3pm: Winslow Health Center hours*</td>
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<td>EM 8am-5pm: Winslow Health Center hours*</td>
</tr>
<tr>
<td>SP 9pm - 12am: Quiet Hours, Ford Chapel</td>
<td>SP 10:30pm-12am: Quiet Hours, Ford Chapel</td>
<td>SP 7-9am: Quiet Hours, Ford Chapel</td>
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</tr>
</tbody>
</table>

**DIMENSIONS OF WELLNESS**

- **SP** Spiritual
- **EM** Emotional
- **IN** Intellectual
- **OC** Occupational
- **PA** Physical
- **SO** Social
- **OF** Occupational

**FRIDAY 12**

- SP 7-9am: Quiet Hours, Ford Chapel
- EM 8am-5pm: Winslow Health Center hours*
- SP 8am-12pm; 1-5pm: Counseling and Personal Development Center hours*
- EE 12pm - 11:45pm: Craft Corner, Game Room
- OC 5pm: Shabbat, Jewish Community Center
- SP 9pm - 12am: Quiet Hours, Ford Chapel

**SATURDAY 13**

- SP 7-9am: Quiet Hours, Ford Chapel
- EM 8am: Make a Difference Day, Diamond Park
- OC 12pm - 11:45pm: Craft Corner, Game Room
- OC 1pm: Football vs. Wittenberg, Robertson
- OC 1pm: Volleyball vs. Denison, Wise Center
- SP 1-5pm: Wild and Scenic Film Festival, Campus Center
- OC 5pm: Fall Crawl, PAM Retreat
- SP 9pm - 12am: Quiet Hours, Ford Chapel

**SUNDAY 14**

- SP 11:10am: Church tour, meet at library
- SP 12pm - 11:45pm: Craft Corner, Game Room
- SP 6:30pm: Catholic Mass, Ford Chapel
- SP 10pm-12am: Quiet Hours, Ford Chapel

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

**OCTOBER**

**WEEK 8TH-14TH**

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

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- **SP** Spiritual

**ONGOING**

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

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- **SP** Spiritual

**Fitness On Demand, Dance Studio in Wise Center**

**Quiet Space: Prayer and Meditation (PAM) Retreat (<srl> for access code)**

**Quiet Space: The Grove (woods behind Wise Center)**