**MONDAY 10**

7-9am: Quiet Hours, Ford Chapel
8am-12pm, 1-5pm: Counseling and Personal Development Center Hours*
8am-6pm: Winslow Health Center Hours*
12-11:45am: Craft Corner, Hodge Podge of Crafts, Game Room
12:30-1:30pm: Stress Relief Tabling, CC Lobby
5-7pm: Study Break with Food, IDEAS Center
7:30pm: Candlelight Christmas Service, Ford Chapel
9pm - 12am: Quiet Hours, Ford Chapel

**TUESDAY 11**

7-9am: Quiet Hours, Ford Chapel
8am: Zen Meditation, PAM Retreat
8am-12pm, 1-5pm: Counseling and Personal Development Center Hours*
8am-5pm: Winslow Health Center Hours*
12-11:45am: Craft Corner, Hodge Podge of Crafts, Game Room
12:30-1:30pm: Stress Relief Tabling, CC Lobby
12:30-12:50: Meditation “Sit-in,” CC Lobby
5-7pm: Study Break with Food, IDEAS Center
10:30pm- 12am: Quiet Hours, Ford Chapel

**WEDNESDAY 12**

7-9am: Quiet Hours, Ford Chapel
8am-12pm, 1-5pm: Counseling and Personal Development Center Hours*
8am-12pm, 1-5pm: Counseling and Personal Development Center Hours*
8:15am: Mindful Walking, Bicentennial Plaza
9pm-12am: Quiet Hours, Ford Chapel
9pm-12am: Quiet Hours, Ford Chapel
10pm: Late Night Breakfast, Brooks

**THURSDAY 13**

7-9am: Quiet Hours, Ford Chapel
8am-5pm: Winslow Health Center Hours*
8am-12pm, 1-5pm: Counseling and Personal Development Center Hours*
6-8pm: Study Break with Food, SRL Office
10pm- 12am: Quiet Hours, Ford Chapel

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**DIMENSIONS OF WELLNESS**

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

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**FRIDAY 14**

7-9am: Quiet Hours, Ford Chapel
8am: Mindful Walking, Bicentennial Plaza
8am-5pm: Winslow Health Center Hours*
8am-12pm, 1-5pm: Counseling and Personal Development Center Hours*
12:30-1:30pm: Stress Relief Tabling, CC Lobby
5-7pm: Study Break with Food, IDEAS Center
9am-12pm: Quiet Hours, Ford Chapel

**SATURDAY 15**

7-9am: Quiet Hours, Ford Chapel
All Day: Snack food available, IDEAS Center
9am-12pm: Quiet Hours, Ford Chapel

**SUNDAY 16**

7-9am: Quiet Hours, Ford Chapel
6-8pm: Study Break with Food, SRL Office
9pm-12am: Quiet Hours, Ford Chapel

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