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

**DIMENSIONS OF WELLNESS**

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

**FEBRUARY 11-17**

**MONDAY 11**

- 7:30am: Quiet Hours, Ford Chapel
- 8am-12pm, 1-5pm: Counseling and Personal Development Center Hours
- 12:15-12:45pm: Craft Corner, Heart Creations, Game Room
- 7:30pm: ABC, “Let’s Talk About Sex”, CC 301/302
- 8pm-12am: Quiet Hours, Ford Chapel

**TUESDAY 12**

- 7:30am: Quiet Hours, Ford Chapel
- 8am-12pm, 1-5pm: Counseling and Personal Development Center Hours
- 12:15-12:45pm: Craft Corner, Heart Creations, Game Room
- 11:30am-1:30pm: Career Education Resume Doctor, CC Lobby
- 2:30-5pm: Family Planning, Winslow Health Center (must call for appointment)
- 7:30: ASA, Know Your Print, CC 301/302
- 10:30pm-12am: Quiet Hours, Ford Chapel

**WEDNESDAY 13**

- 7:30am: Quiet Hours, Ford Chapel
- 8am-5pm: Winslow Health Center Hours
- 12:15-12:45pm: Craft Corner, Heart Creations, Game Room
- 7pm: International Film Festival, BPM, Movies at Meadville 9pm-12am: Quiet Hours, Ford Chapel

**THURSDAY 14**

- 7:30am: Quiet Hours, Ford Chapel
- 8am-5pm: Winslow Health Center Hours
- 12:15-12:45pm: Craft Corner, Valentine’s Day, Game Room
- 8pm-12am: Quiet Hours, Ford Chapel

**FRIDAY 15**

- 7:30am: Quiet Hours, Ford Chapel
- 8am-4:30pm: Winslow Health Center Hours
- 12:15-12:45pm: Craft Corner, Button Making, Game Room
- 5-10pm: ABC, Movie Marathon, CC Lobby
- 7-10pm: ARGO Games Nightly, CC303
- 8pm: Light Night, SET Movie Night, CC Lobby
- 9pm-12am: Quiet Hours, Ford Chapel

**SATURDAY 16**

- 7:30am: Quiet Hours, Ford Chapel
- 8:30am: Service Saturday, Pelletier Library
- 10am: SET Workshop on Directing, Act 4 Little Theatre
- 12:15-12:45pm: Craft Corner, Button Making, Game Room
- 2pm: Women’s Basketball vs. Kenyon, Wise Center
- 4pm: Men’s Basketball vs. Kenyon, Wise Center
- 9pm-12am: Quiet Hours, Ford Chapel

**SUNDAY 17**

- 7:30am: Quiet Hours, Ford Chapel
- 12:15-12:45pm: Craft Corner, Button Making, Game Room
- 5:30-8pm: ABC, Soul Food Dinner, Schultz Banquet Hall
- 6:30pm: Catholic Mass, Ford Chapel
- 9pm-12am: Quiet Hours, Ford Chapel

**ONGOING**

- Fitness On Demand, Dance Studio in Wise Center
- Quiet Space: Prayer and Meditation (PAM) Retreat (<csl> for access code)
- Quiet Space: The Grove (woods behind Wise Center)
- February: Black History Month