<table>
<thead>
<tr>
<th>Monday 18</th>
<th>Tuesday 19</th>
<th>Wednesday 20</th>
<th>Thursday 21</th>
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</thead>
<tbody>
<tr>
<td>7:9am: Quiet Hours, Ford Chapel</td>
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<tr>
<td>8am-12pm, 1-5pm: Counseling and Personal Development Center Hours*</td>
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<td>8am-5pm: Winslow Health Center Hours*</td>
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<tr>
<td>8am-5:30pm: Winslow Health Center Hours*</td>
<td>12-11:45pm: Craft Corner, Button Making, Game Room</td>
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<td>12-1:30, Title IX Brown Bag Lunch</td>
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<tr>
<td>11:30am: ABC, Natural Hair Event, Multicultural space (Brooks)</td>
<td>12pm: MOSAIC Lunch Discussion, Interfaith Families, CC206</td>
<td>4pm: Work-out Your Stress: Cardio &amp; Yoga, Wise Center Dance Studio</td>
<td>Conversation, Dating Violence, CC 301-302</td>
</tr>
<tr>
<td>7:9am-12pm: Quiet Hours, Ford Chapel</td>
<td>10:30pm-12am: Quiet Hours, Ford Chapel</td>
<td>7pm: International Film Festival, Transit, Movies at Meadville</td>
<td>12:15-1pm: Giant Eagle Recruiting Visit, Pelletier Collaboratory</td>
</tr>
</tbody>
</table>

*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)

**Weekly Events**
- **FRIDAY 22**
  - 7:9am: Quiet Hours, Ford Chapel
  - 8am-4:30pm: Winslow Health Center Hours*
  - 8am-12pm, 1-5pm: Counseling and Personal Development Center Hours*
  - 12-11:45pm: Craft Corner, Friendship Bracelets, Game Room
  - 4pm: Work-out Your Stress: Strength Training, Wise Center Dance Studio
  - 8pm: Skeeball Tournament, Game Room
  - 8-10pm: ABC, Ebony Ball, Schultz Banquet Hall
  - 8-10pm: Relay for Life, Bad Bad Hats Concert, GFC
  - 9pm-12am: Quiet Hours, Ford Chapel

- **SATURDAY 23**
  - 7:9am: Quiet Hours, Ford Chapel
  - 12-11:45pm: Craft Corner, Friendship Bracelets, Game Room
  - 1-3pm: ABC, Pool Party, Wise Center
  - 8pm: Skeeball Tournament, Game Room
  - 9pm-12am: Quiet Hours, Ford Chapel

- **SUNDAY 24**
  - 7:9am: Quiet Hours, Ford Chapel
  - 12-11:45pm: Craft Corner, Friendship Bracelets, Game Room
  - 2pm: BGM, Sisah Sunday, CC 301-302
  - 5-7pm: MCA, Poetry Night, Meadville Market House
  - 6:30pm: Catholic Mass, Ford Chapel
  - 9pm-12am: Quiet Hours, Ford Chapel

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