**Monday, February 25**
- **7:9am**: Quiet Hours, Ford Chapel
- **8am-12pm, 1-5pm**: Counseling and Personal Development Center Hours*
- **8am-5:30pm**: Winslow Health Center Hours*
- **12-11:45pm**: Craft Corner, Friendship Bracelets, Game Room
- **9pm-12am**: Quiet Hours, Ford Chapel

**Tuesday, February 26**
- **7:9am**: Quiet Hours, Ford Chapel
- **8am-12pm, 1-5pm**: Counseling and Personal Development Center Hours*
- **8am-5pm**: Winslow Health Center Hours*
- **12-11:45pm**: Craft Corner, Friendship Bracelets, Game Room
- **12:30-1:30pm**: Career Education, Pathways to Service, Tippie Center
- **2-5pm**: Family Planning, Winslow Health Center, must call for appointment*
- **7:30pm**: ABC, Black Masculinity Talk, CC 301/302
- **10:30pm-12am**: Quiet Hours, Ford Chapel

**Wednesday, February 27**
- **7:9am**: Quiet Hours, Ford Chapel
- **8am-5pm**: Winslow Health Center Hours*
- **8am-12pm, 1-5pm**: Counseling and Personal Development Center Hours*
- **4pm**: Work-out Your Stress: Cardio & Yoga, Wise Center Dance Studio
- **4:30pm**: Music and a Meal with Alexander String Quartet, Ford Chapel
- **7pm**: International Film Festival, A Fantastic Woman, Movies at Meadville
- **9pm-12am**: Quiet Hours, Ford Chapel

**Thursday, February 28**
- **7:9am**: Quiet Hours, Ford Chapel
- **8am-5pm**: Winslow Health Center Hours*
- **8am-12pm, 1-5pm**: Counseling and Personal Development Center Hours*
- **11:30am-1:30pm**: Education Solution Services Tabling, CC Lobby
- **8pm-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.

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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, February 1**
- **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, Pet Rocks, Game Room
- **4pm**: Work-out Your Stress: Strength Training, Wise Center Dance Studio
- **7:30pm**: Alexander String Quartet, Ford Chapel
- **7:30pm**: ABC, Viktor Jackson, Quigley Auditorium
- **9pm-12am**: Quiet Hours, Ford Chapel

**Saturday, February 2**
- **7:9am**: Quiet Hours, Ford Chapel
- **12-11:45pm**: Craft Corner, Pet Rocks, Game Room
- **9pm-12am**: Quiet Hours, Ford Chapel

**Sunday, February 3**
- **7:9am**: Quiet Hours, Ford Chapel
- **12-11:45pm**: Craft Corner, Pet Rocks, Game Room
- **3:15pm**: Student Recital, Mathew Jones and Jonathan Mendez, Ford Chapel
- **6:30pm**: Catholic Mass, Ford Chapel
- **9pm-12am**: Quiet Hours, Ford Chapel

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**Ongoing Events**

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