**MONDAY 4**
- 7:30am: Quiet Hours, Ford Chapel
- 8am-10am: Counseling and Personal Development Center Hours
- 10:15am: Winslow Health Center Hours
- 12:30pm: Winslow Health Center Hours
- 3pm: Winslow Health Center Hours
- 3:30pm: Winslow Health Center Hours
- 10:30pm-11am: Quiet Hours, Ford Chapel

**TUESDAY 5**
- 7:30am: Quiet Hours, Ford Chapel
- 8am-10am: Counseling and Personal Development Center Hours
- 10:15am: Winslow Health Center Hours
- 12:30pm: Winslow Health Center Hours
- 3pm: Winslow Health Center Hours
- 3:30pm: Winslow Health Center Hours
- 10:30pm-11am: Quiet Hours, Ford Chapel

**WEDNESDAY 6**
- 7:30am: Quiet Hours, Ford Chapel
- 8am-10am: Counseling and Personal Development Center Hours
- 10:15am: Winslow Health Center Hours
- 12:30pm: Winslow Health Center Hours
- 3pm: Bystander Programming, Murray 120
- 3:30pm: Open Bystander Programming, Murray 120
- 10:30pm-11am: Quiet Hours, Ford Chapel

**THURSDAY 7**
- 7:30am: Quiet Hours, Ford Chapel
- 8am-10am: Counseling and Personal Development Center Hours
- 10:15am: Winslow Health Center Hours
- 12:30pm: ABC, Black Panther Tribute, CC Lobby
- 3pm: Women's Basketball vs. Oberlin, Wise Center
- 3:30pm: International Film Festival: The Island, Movies at Meadville
- 6pm: Faculty Lecture, Benjamin Haywood, CC 303/302
- 8pm: Men's Basketball vs. Oberlin, Wise Center
- 9pm-10am: 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.*

**DIMENSIONS OF WELLNESS**
- **Emotional (EM)**
- **Environmental (EN)**
- **Intellectual (IQ)**
- **Occupational (OC)**
- **Physical (PH)**
- **Social (SO)**
- **Spiritual (SP)**

**FRIDAY 8**
- 7:30am: Quiet Hours, Ford Chapel
- 8am-10am: Counseling and Personal Development Center Hours
- 10:15am: Winslow Health Center Hours
- 12:30pm: Winslow Health Center Hours
- 3pm: Winslow Health Center Hours
- 3:30pm: Winslow Health Center Hours
- 10:30pm-11am: Quiet Hours, Ford Chapel

**SATURDAY 9**
- 7:30am: Quiet Hours, Ford Chapel
- 12pm: MEC Presents: Winterfest, CC Lobby
- 12:30pm: MEC Presents: Winterfest, CC Lobby
- 3:30pm: Student Recital, Troy Diga, Ford Chapel
- 9pm-10am: Quiet Hours, Ford Chapel

**SUNDAY 10**
- 7:30am: Quiet Hours, Ford Chapel
- 12:30pm: Craft Corner, Heart Creations, Game Room
- 6:30pm: Catholic Mass, Ford Chapel
- 9pm-10am: Quiet Hours, Ford Chapel
- 10pm: Improv Show, GFC

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