**Time** | **MONDAY 15** | **TUESDAY 16** | **WEDNESDAY 17** | **THURSDAY 18**
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7-9am | Quiet Hours, Ford Chapel | Quiet Hours, Ford Chapel | Quiet Hours, Ford Chapel | Quiet Hours, Ford Chapel
8am-12pm, 1-5pm | **Counseling and Personal Development Center Hours**<sup>*</sup> | **Counseling and Personal Development Center Hours**<sup>*</sup> | **Counseling and Personal Development Center Hours**<sup>*</sup> | **Counseling and Personal Development Center Hours**<sup>*</sup>
8-10am | Winslow Health Center Hours* | Winslow Health Center Hours* | Winslow Health Center Hours* | Winslow Health Center Hours*
12-11:45pm | Craft Corner, Mini Terracotta Pots, Game Room | Craft Corner, Mini Terracotta Pots, Game Room | Craft Corner, Photo Frame Embellishing, Game Room | Craft Corner, Photo Frame Embellishing, Game Room
6:30pm | Women's Lacrosse vs. Wooster, Robertson | 7:11pm: Screening, "Reconstruction: America After the Civil War," GFC | 6:30-8pm: Sarah Arvio Lecture, Lorca's Poet in Spain, Odd Fellows 106C | 6:30pm: Winslow Health Center Hours*
7pm-9pm | Guest Lecture, Justin Driver, Tippie Center | 9pm: Quiet Hours, Ford Chapel | 9pm: Quiet Hours, Ford Chapel | 9pm: Quiet Hours, Ford Chapel
8pm-11pm | Quiet Space, Prayer and Meditation (PAM) Retreat (<srl> for access code) | 10:30pm-12am: Quiet Hours, Ford Chapel | 10:30pm-12am: Quiet Hours, Ford Chapel | 10:30pm-12am: Quiet Hours, Ford Chapel

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**DIMENSIONS OF WELLNESS**
- **Emotional (EM)**
- **Environmental (EV)**
- **Intellectual (IN)**
- **Occupational (OC)**
- **Physical (PH)**
- **Spiritual (SP)**

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**FRIDAY 19**
7-9am | Quiet Hours, Ford Chapel | Quiet Hours, Ford Chapel | Quiet Hours, Ford Chapel | Quiet Hours, Ford Chapel
8am-4:30pm | Winslow Health Center Hours* | Winslow Health Center Hours* | Winslow Health Center Hours* | Winslow Health Center Hours*
8am-12pm, 1-5pm | **Counseling and Personal Development Center Hours**<sup>*</sup> | **Counseling and Personal Development Center Hours**<sup>*</sup> | **Counseling and Personal Development Center Hours**<sup>*</sup> | **Counseling and Personal Development Center Hours**<sup>*</sup>
12-11:45pm | Craft Corner, Mini Terracotta Pots, Game Room | Craft Corner, Photo Frame Embellishing, Game Room | Craft Corner, Photo Frame Embellishing, Game Room | Craft Corner, Photo Frame Embellishing, Game Room
6:30pm | Work-out Your Stress: Strength Training, Wise Center Dance Studio | 4pm: Work-out Your Stress: Cardio & Yoga, Wise Center Dance Studio | 6:30pm: Quiet Hours, Ford Chapel | 6:30pm: Quiet Hours, Ford Chapel
7pm-8pm | Guest Lecture, Justin Driver, Tippie Center | 9pm: Quiet Hours, Ford Chapel | 9pm: Quiet Hours, Ford Chapel | 9pm: Quiet Hours, Ford Chapel
8pm-11pm | Quiet Space, Prayer and Meditation (PAM) Retreat (<srl> for access code) | 10:30pm-12am: Quiet Hours, Ford Chapel | 10:30pm-12am: Quiet Hours, Ford Chapel | 10:30pm-12am: Quiet Hours, Ford Chapel

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**SATURDAY 20**
7-9am | Quiet Hours, Ford Chapel | Quiet Hours, Ford Chapel | Quiet Hours, Ford Chapel | Quiet Hours, Ford Chapel
12-11:45pm | Craft Corner, Photo Frame Embellishing, Game Room | Craft Corner, Photo Frame Embellishing, Game Room | Craft Corner, Photo Frame Embellishing, Game Room | Craft Corner, Photo Frame Embellishing, Game Room
12pm | Baseball vs. Wooster (DH), Robertson | Baseball vs. Wooster (DH), Robertson | Baseball vs. Wooster (DH), Robertson | Baseball vs. Wooster (DH), Robertson
12:30pm | SEA Trashion Show, CC Lobby | SEA Trashion Show, CC Lobby | SEA Trashion Show, CC Lobby | SEA Trashion Show, CC Lobby
1pm | Softball vs. Wittenberg (DH), Robertson | Softball vs. Wittenberg (DH), Robertson | Softball vs. Wittenberg (DH), Robertson | Softball vs. Wittenberg (DH), Robertson
6-8pm | ACS Caribbean Festival, CC Lobby | 6-8pm: ACS Caribbean Festival, CC Lobby | 6-8pm: ACS Caribbean Festival, CC Lobby | 6-8pm: ACS Caribbean Festival, CC Lobby
9pm-12am | Quiet Hours, Ford Chapel | Quiet Hours, Ford Chapel | Quiet Hours, Ford Chapel | Quiet Hours, Ford Chapel

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**SUNDAY 21**
7-9am | Quiet Hours, Ford Chapel | Quiet Hours, Ford Chapel | Quiet Hours, Ford Chapel | Quiet Hours, Ford Chapel
12-11:45pm | Craft Corner, Photo Frame Embellishing, Game Room | Craft Corner, Photo Frame Embellishing, Game Room | Craft Corner, Photo Frame Embellishing, Game Room | Craft Corner, Photo Frame Embellishing, Game Room
12pm | easter Sunday: No Campus Mass, for a list of services in the community, contact srl@allegheny.edu | Easter Sunday: No Campus Mass, for a list of services in the community, contact srl@allegheny.edu | Easter Sunday: No Campus Mass, for a list of services in the community, contact srl@allegheny.edu | Easter Sunday: No Campus Mass, for a list of services in the community, contact srl@allegheny.edu
12:30pm | SEA Trashion Show, CC Lobby | SEA Trashion Show, CC Lobby | SEA Trashion Show, CC Lobby | SEA Trashion Show, CC Lobby
1pm | Softball vs. Wittenberg (DH), Robertson | Softball vs. Wittenberg (DH), Robertson | Softball vs. Wittenberg (DH), Robertson | Softball vs. Wittenberg (DH), Robertson
6-9pm | Film Screening, This Is Home, Quigley Auditorium | Film Screening, This Is Home, Quigley Auditorium | Film Screening, This Is Home, Quigley Auditorium | Film Screening, This Is Home, Quigley Auditorium
6-9pm | Film Screening, This Is Home, Quigley Auditorium | Film Screening, This Is Home, Quigley Auditorium | Film Screening, This Is Home, Quigley Auditorium | Film Screening, This Is Home, Quigley Auditorium
6-9pm | Film Screening, This Is Home, Quigley Auditorium | Film Screening, This Is Home, Quigley Auditorium | Film Screening, This Is Home, Quigley Auditorium | Film Screening, This Is Home, Quigley Auditorium
6-9pm | Film Screening, This Is Home, Quigley Auditorium | Film Screening, This Is Home, Quigley Auditorium | Film Screening, This Is Home, Quigley Auditorium | Film Screening, This Is Home, Quigley Auditorium

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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.