**Wellness This Week April 8-14**

**Monday**
- **8am-12pm, 1-5pm:** Counseling and Personal Development Center Hours*
- **8am-5:30pm:** Winslow Health Center Hours*
- **12-11:45pm:** Craft Corner, Gator Keychains, Game Room
- **7pm:** Lecture, Khalilah Harris, Tippie Center
- **9pm-12am:** Quiet Hours, Ford Chapel

**Tuesday**
- **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, Gator Keychains, Game Room
- **12-1:30pm:** Brown Bag Lunch Conversation, Sexual Assault, CC 301/302
- **3:30pm:** Softball vs. Hiram (DH), Robertson
- **9pm-12am:** Quiet Hours, Ford Chapel

**Wednesday**
- **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
- **3:30pm:** Service Saturday, Pelletier Library
- **7:30pm:** Spring Dance Concert, Montgomery Performance Space
- **9pm-12am:** Quiet Hours, Ford Chapel

**Thursday**
- **7-9am:** Quiet Hours, Ford Chapel
- **8am-5pm:** Winslow Health Center Hours*
- **8am-12pm, 1-5pm:** Counseling and Personal Development Center Hours*
- **11am-1:30pm:** STI Clinic, Winslow Health Center, must call for appointment*
- **12-1:30pm:** Brown Bag Lunch Conversation, Sexual Assault, CC 301/302
- **7pm:** Faculty Lecture, Briana Lewis, CC 301/302
- **7:30pm:** Mentalist Wayne Hoffman, CC Lobby
- **7:30pm:** Spring Dance Concert, Montgomery Performance Space
- **9pm-12am:** Quiet Hours, Ford Chapel

**Dimensions of Wellness**

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

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