

WELLNESS WEDNESDAY CALENDAR OF EVENTS

DATE	EVENT	CONTACT PERSON
September 1	Matt Urban Center, Skylar Diamond: Housing Information	DeMario Rhodes
September 8	SAY YES, Amanda Paul: Health Homes, Mental Health Clinics, and the Student Alliance Mental Health Work	Karen Zgoda
September 15	Wellness Walk	Liz Kerr
September 22	Financial Aid	Aimee Murch
September 29	Free Meal Kit & Recipes	LaShawn Chinn
October 7	Heritage Week, Health Fair	-----
October 13	Wellness Walk	Liz Kerr
October 20	ASPCA PAWS FOR LOVE, Debbie	Karen Zgoda
October 27	-----	-----
November 3	SAY YES, Amanda Paul: Health Homes, Mental Health Clinics, and the Student Alliance Mental Health Work <i>** (may change to different November date)</i>	Karen Zgoda
November 10	-----	-----
November 17	Library Mental Health Resources	Lucy Waite
November 24	Thanksgiving Recess - No Wellness Wednesday Events	-----
December 1	-----	-----
December 8	ASPCA PAWS FOR LOVE, Debbie	Karen Zgoda