Healthy Mondays
IWC 138 | 7pm

1/25 Thriving in College
2/1 Meditation 101
2/8 Keep It Classy: Pro Tips on Sex
2/15 Don’t Be a Zombie
2/22 Healthy in a Weight-Focused World
2/29 Think Before You Post
3/12 Breakfast is for Champions
3/21 Sharing the Road: Bike and Pedestrian Safety
3/28 Tackling Mt. Stressmore
4/4 Breaking Myths: Sexual Assault
4/11 Contraception: Fact or Fiction
4/18 The Power of Local
4/25 How to Live Life Unplugged

Wellness Wednesdays
IWC 138 | 3pm

1/27 How to Spot a Loser Lover
2/3 Cute or Creepy
2/10 Healthy Relationships
2/17 Yoga for Newbies
2/24 Body Image
3/2 Be a Party Pro
3/16 Intuitive Eating
3/22 Managing Stress & Anxiety
3/30 Roommate Relationships
4/6 Be An Active Bystander
4/12 Friends Don’t Let Friends Have Unprotected Sex
4/20 HIGHer Education
5/27 Canine Companions

Presented By: Health & Wellness Services, RE Initiative, Student Health & Wellness Advocates, Counseling & Wellness Services, SHAG, FAN Club.