Healthy Mondays
The Well, IWC 138; 7pm

9/10: “The Truth about Suicide: Real Stories of Depression in College”
9/17: How to Win Every Fight with your Parents
9/24: Canine Companions
10/1: The Hows of Happiness
10/8: Vegetarian Night
10/15: Film Exposition: How our Drinking Affects our Community
10/22: Midterm Meditation
10/29: Beating the Freshmen 15
11/5: Film Exposition: Protection & Getting Tested
11/19: How to Have a Bad Day!
11/26: Beating the Winter Blues
12/3: Slam Poetry Night

Wellness Wednesdays
The Well, IWC 138; 3pm

9/5: Your Wellness Resource
9/12: Magazine Montage
9/19: Get Outside & Play
9/26: Film Exposition: Sexual Violence & Assault
10/3: Food & Mood
10/10: “The Truth about Suicide: Real Stories of Depression in College”
10/17: Film Exposition: Don’t Let the Booze Choose
10/24: Canine Companions
10/31: Superfoods
11/7: Sex Appeal: What makes us tick?
11/14: Imagine That
11/28: Beating the Winter Blues
12/5: How to Win Every Fight with Your Parents