

WELLNESS CALENDAR

AUGUST 2018

Su	Mon	Tues	Wed	Thurs	Fri	Sa
			1	2 12:15–12:45 pm Walk Group Alumni Plaza	3	4
5	6 12:15–1 p.m. Weight Watchers Week 5, Neff, Rm. 333	7	8	9 12:15–12:45 p.m. Walk Group Alumni Plaza	10 1–3 p.m. CPR/AED Skills Check Off Walb, Rm. 234	11
12	13 12:15–1 p.m. Weight Watchers Week 6, Neff, Rm. 333	14	15	16 12:15–12:45 p.m. Walk Group Alumni Plaza	17	18
19	20 12:15–1 p.m. Weight Watchers, Week 7 Neff, Rm. 333 <i>New Semester Begins</i>	21	22 9–11:30 Coffee, Snacks, Wellness Chats and Screenings Kettler Hall, 1st Floor	23 12:15–12:45 p.m. Walk Group Alumni Plaza	24	25
26	27 12:15–1 p.m. Weight Watchers, Week 8 Neff, Rm. 333 5:30–8:30 pm CPR/AED Training Walb Union room 114	28	29 Noon–1pm Lunch and Learn Immunizations: What You Need to Know Walb Union, 222/224/226	30 12:15–12:45 p.m. Walk Group Alumni Plaza	31	

Campus Health Clinic

Open Monday through Friday: 8:30 a.m.–4:30 p.m.; Walb Union, Room 234
Call **481-5748** for an appointment. Walk-ins accepted as available.

Wellness Contacts: Call 481-6647 or email tillapau@pfw.edu or rominesc@pfw.edu

Resources:

pfw.edu/health; pfw.edu/fitness;
pfw.edu/clinic; pfw.edu/counseling;
bowencenter.org and gomastodons.com

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