## WELLNESS CALENDAR
### AUGUST 2018

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- **5 12:15–1 p.m.**  
  Weight Watchers  
  Week 5, Neff, Rm. 333

- **6 12:15–1 p.m.**  
  Weight Watchers  
  Week 6, Neff, Rm. 333

- **10 1–3 p.m.**  
  CPR/AED Skills Check Off  
  Walb, Rm. 234

- **16 12:15–12:45 p.m.**  
  Walk Group  
  Alumni Plaza

- **22 9–11:30**  
  Coffee, Snacks, Wellness Chats and Screenings  
  Kettler Hall, 1st Floor

- **29 Noon–1pm**  
  Lunch and Learn Immunizations: What You Need to Know  
  Walb Union, 222/224/226

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**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

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

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