

WELLNESS CALENDAR

AUGUST 2019

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2 7:30-8:30 p.m. CrossFit Gates Athletic Center: Secondary Weight Room	3
4	5 12:15-1 p.m. Weight Watchers Week 10 Neff Hall, Room 333	6	7 7:30-8:30 p.m. CrossFit Gates Athletic Center: Secondary Weight Room	8 7:30-8:30 p.m. CrossFit Gates Athletic Center: Secondary Weight Room	9	10
11	12 12:15-1 p.m. Weight Watchers Week 11, Neff Hall, Room 333 7:30-8:30 p.m. CrossFit Gates Athletic Center: Secondary Weight Room	13 7:30-8:30 p.m. CrossFit Gates Athletic Center: Secondary Weight Room	14	15	16 7:30-8:30 p.m. CrossFit Gates Athletic Center: Secondary Weight Room	17
18	19 12:15-1 p.m. Weight Watchers Week 12 Neff Hall, Room 333	20	21 7:30-8:30 p.m. CrossFit Gates Athletic Center: Secondary Weight Room	22 7:30-8:30 p.m. CrossFit Gates Athletic Center: Secondary Weight Room	23	24
25	26 12:15-1 p.m. Weight Watchers Kick-Off Week 1 Neff Hall, Room 139	27	28	29	30	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 Contact: Call 481-6647 or email manore@pfw.edu

Resources:

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

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Wellness