

# WELLNESS CALENDAR

## FEBRUARY 2019

Su	Mon	Tues	Wed	Thurs	Fri	Sa
					1	2
3	4 12:15 -1 p.m. Weight Watchers Week 3, Neff Hall, Rm. 333	5	6 9-11:30 a.m. Coffee, Snacks, Wellness Chats and Screenings Kettler Hall, 1st Floor Lobby  Noon-1 p.m. CHIP (Complete Health Improvement Program) Walb, Rm. G08	7	8	9
10	11 12:15 -1 p.m. Weight Watchers Week 4, Neff Hall, Rm. 333	12 4:45-6:30 p.m. Flu Shot Clinic Student Housing Clubhouse, Rm. 127	13 Noon-1 p.m. CHIP (Complete Health Improvement Program) Walb, Rm. G08	14	15	16
17	18 12:15 -1 p.m. Weight Watchers Week 5, Neff Hall, Rm. 333  5:30-9:30 p.m. CPR/AED/First Aid Training Walb, Rm. 114	19 7-10 a.m. Blood Health Screening Walb Union, Rm.114	20 9-11:30 a.m. Coffee, Snacks, Wellness Chats and Screenings ET building, 1st floor lobby  Noon-1 p.m. CHIP (Complete Health Improvement Program)	21	22	23
24	25 12:15-1 p.m. Weight Watchers Week 6, Neff Hall, Rm. 333	26	27 Noon-1 p.m. CHIP (Complete Health Improvement Program) Walb, Rm. G08	28		

### 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](mailto:manore@pfw.edu)**

#### Resources:

[pfw.edu/health](http://pfw.edu/health); [pfw.edu/fitness](http://pfw.edu/fitness);  
[pfw.edu/clinic](http://pfw.edu/clinic); [pfw.edu/counseling](http://pfw.edu/counseling);  
[bowencenter.org](http://bowencenter.org) and [gomastodons.com](http://gomastodons.com)

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