

WELLNESS CALENDAR

JANUARY 2019

Su	Mon	Tues	Wed	Thurs	Fri	Sa
		1 New Year's Day No classes	2	3	4	5
6	7 9-10 a.m. CHIP (Complete Health Improvement Program) Walb, G08	8	9 Noon-1 p.m. CHIP (Complete Health Improvement Program) Walb, G08	10	11	12
13	14 9-10 a.m. CHIP (Complete Health Improvement Program) Walb, G08 12:15-1 p.m. Weight Watchers Week 1, Neff Hall, Rm. 333 Kick-Off Class	15	16 Noon-1 p.m. CHIP (Complete Health Improvement Program) Walb, G08	17	18	19
20	21 Martin Luther King Jr. Day - Campus Closed No Weight Watchers	22	23 9-11:30 a.m. Coffee, Snacks, Wellness Chats and Screenings Visual Arts, Room 110 Noon-1 p.m. CHIP (Complete Health Improvement Program) Walb, G08	24	25	26
27	28 12:15-1 p.m. Weight Watchers Week 2, Neff Hall, Rm. 333	29	30 Noon-1 p.m. CHIP (Complete Health Improvement Program) Walb, G08	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 481-0264 or email wellness@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