

WELLNESS CALENDAR

JULY 2018

Su	Mon	Tues	Wed	Thurs	Fri	Sa
1	2 12:15–1 p.m. No Weight Watchers	3	4 Campus Closed	5	6	7
8	9 12:15–1 p.m. Weight Watchers Week 5, Neff, Rm. 333	10	11 9–11:30 a.m. Coffee, Snacks, Wellness Chats and Screenings Kettler Hall ,1st floor	12 12:15–12:45 p.m. Walk Group Alumni Plaza	13 1–3 p.m. CPR/AED Skills Check Off Walb, Rm. 234	14
15	16 12:15–1 p.m. Weight Watchers Week 6, Neff, Rm. 333 5:30–8:30 p.m. CPR/AED Training, Walb, Rm. 114	17	18 Summerfest Wellness Spa 1–4 p.m. Walb, Rm 114	19 12:15–12:45 p.m. Walk Group Alumni Plaza	20	21
22	23 12:15–1 p.m. Weight Watchers, Week 7 Neff, Rm. 333	24	25	26 12:15–12:45 p.m. Walk Group Alumni Plaza	27	28
29	30 12:15–1 p.m. Weight Watchers, Week 8 Neff, Rm. 333	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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