

WELLNESS CALENDAR

MARCH 2019

| Su | Mon | Tues | Wed | Thurs | Fri | Sa |
|----|--|------|--|-------|-----|----|
| | | | | | 1 | 2 |
| 3 | 4 No Weight Watchers | 5 | 6 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 7, Neff Hall, Rm. 333 | 12 | 13 Noon-1 p.m. CHIP (Complete Health Improvement Program) Walb, Rm. G21 | 14 | 15 | 16 |
| 17 | 18 12:15-1 p.m. Weight Watchers Week 8, Neff Hall, Rm. 333 | 19 | 20 9 a.m.-3:00 p.m. HEALTH FAIR Walb Student Union, Classic Ballroom, 1st Floor Hallways, International Ballroom | 21 | 22 | 23 |
| 24 | 25 **ROOM CHANGE** 12:15-1 p.m. Weight Watchers Week 9, Neff Hall, Rm. 343 | 26 | 27 | 28 | 29 | 30 |

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