

Winter Weeks of Wellness

**LIVE WELL
LEARN WELL**
WCU Health & Wellness

Monday, Dec. 1

Balance & Breathe w/ Jackie
8:30 am
Campus Recreation, Studio B

Brain Break Bodypump w/ Brynn
10 am
Campus Recreation, Studio B

**Tabling with Office of
AVP of Health &
Wellness**
11 am - 1 pm
Outside of the Commons
Dining Hall
*Stop by and grab a school
supply packet!*

Cold 'N Cozy Crafts
12 - 3 pm
Sykes 115
*Enjoy some nice catered coffee,
crochet crafts, and clear your mind.*

Therapy Dogs
2 pm
Presser Music Library
*Stop by and say hi to our furry
friends!*

Calm Core w/ Sammy
2 pm
Campus Recreation, Studio A

Western Night
4:30 - 8 pm
Commons Dining Hall
Music, games, and food.

**Pump the Body, Unwind the Mind
Bodypump w/ Carly**
7:15 pm
Campus Recreation, Studio B



Join Wellness Promotion and many campus partners for programs during the last two weeks of the semester to focus on yourself and your well-being as you head into final exams!

Monday, Dec. 8



**Finals Relaxation
Station**
10 am - 2 pm
Student Health Conf.
Room
(ground floor,
Commonwealth Hall)
*Drop in Wellness
Promotion for foot and
neck massagers, snacks,
make a finals de-stress
kit, and more!*

Let's Take a Study Break
11 am - 2 pm
Commons Dining Hall
Hot cocoa station and coloring!



De-stress Yoga w/ Gabby
6 pm
Campus Recreation, Studio B

Tuesday, Dec. 2

Dog Yoga
Session 1 w/ Lindsey @ 10 am
Session 2 w/ Peyton @ 11 am
Campus Rec MAC Court
*Register in IM Leagues to stretch with our
furry friends!*



Holiday Makers Market
11 am - 4 pm
Sykes Ballrooms
*Holiday shopping with many
vendors!*

Tuesday, Dec. 9

Tabling with Office of AVP of Health & Wellness
11 am - 1 pm
Outside of the Commons Dining Hall
Stop by and grab some study snacks!

**Let's Take a Study Break: Pop-
Tart, Parfait, & Waffle Pop**
11 am - 2 pm
Commons Dining Hall

Brain Break Barre w/ Alaina
11:30 am
Campus Recreation, Studio B

Dog Therapy Extravaganza
1 - 3:30 pm
Sykes Ballrooms
*Stop by and say hi to all
therapy dog volunteers!*

Cupcakes & Affirmations
1 - 2 pm
Outside FHG Library
*Write an affirmation - get a Dia
Doce cupcake!*



**Restorative Yoga Flow w/
Gabby**
6 pm
Campus Recreation, Studio B

Pancake Palooza
8 - 10 pm
Commons Dining Hall

Wednesday, Dec. 3

**Get Pumped, Not Panicked
Bodypump w/ Amber**
8 am
Campus Recreation, Studio B

Fuel Up for Finals with SXP
12 - 2 pm
FHG Library, outside of Starbucks
*Fuel Up for Finals week with Mayday
Coffee's free coffee and snacks!*

Therapy Dogs
12 pm AND 6 pm
FHG Library, outside of
Starbucks
*Stop by and say hi to our
furry friends!*

**Wellness Wednesday:
Protein Trio Taco Bar**
11 am - 2 pm
Commons Dining Hall

Ease & Exhale Yoga w/ Peyton
2 pm
Campus Recreation, Studio B

**Unwind & Align Yoga X
Pilates w/ Gabby**
4:30 pm
Campus Recreation, Studio B

Dog Therapy Table
4:30 - 6:30 pm
SECC
*Stop by and say hi to our furry friends and
learn about Counseling Center resources.*



Zero Stress Zumba w/ Bri
6 pm
Campus Recreation, Studio B

Wednesday, Dec. 10

**De-Stress Strength Cycle w/
Maddy**
10 am
Campus Recreation, Studio C

**Tabling with Office of
AVP of Health &
Wellness**
11 am - 1 pm
Outside of the Commons
Dining Hall
*Stop by and grab some
study snacks!*

Exam Cram Cart
11 am - 2 pm
Outside the Commons Dining Hall

De-stress & Spin w/ Meredith
8 am
Campus Recreation, Studio C

**Tabling with Office of AVP of
Health & Wellness**
11 am - 1 pm
Outside of the Commons Dining Hall
*Stop by and grab a school supply
packet!*

Cookie Day
11 am - 2 pm
Commons Dining Hall
*Celebrate National
Cookie Day!*

Brain Break Barre w/ Liv
1 pm
Campus Recreation, Studio B

Therapy Dogs
12 pm AND 2 pm
FHG Library, outside of Starbucks
Stop by and say hi to our furry friends!

WCU Culinary Spotlight
2 - 4 pm
Commons Dining Hall

Passport Night
4:30 - 8 pm
Commons Dining Hall
Music, games, and food.



Dance & De-stress Zumba w/ Maya
5 pm
Campus Recreation, Studio B

Friday, Dec. 5

**Pedal & Unwind Cycle w/
Meredith**
9 am
Campus Recreation, Studio C

**Study Break Sweat
Bodypump w/ Amber**
9:30 am
Campus Recreation, Studio B

Take 15: Coffee Lip Scrub
11 am - 2 pm
Commons Dining Hall
Make your own coffee lip scrub!

**De-stress at the Barre w/ Liv
& Alaina**
1:30 pm
Campus Recreation, Studio B

**BeWell Hut: Stress and
Burnout**
2:30pm-4:30pm
SECC Lobby

**Spin Out the Stress Strength
Cycle w/ Maddy**
2 pm
Campus Recreation, Studio C

Bundled Up in the Borough
5 - 6 pm

Meet up at BPMC at 4:30 pm or meet at Mayday at 5 pm
Join us at Mayday Coffee for free hot chocolate and pastries
before the annual West Chester Christmas Parade!



RamConnect



IMLeagues

