



MOUNT ST. JOSEPH
UNIVERSITY®

Wellness Center

2nd Semester Calendar

January – Starting Off the Year with Health Habits

- Recharge and Connect Drop in Event: January 30, 2024, 12:00pm – 1:30pm
- Mindfulness for Calming and Focusing: January 22, 2024, 12:00pm – 12:55pm in Interfaith Chapel

February – Healthy Heart & Relationship Month

- Procrastination Workshop: February 2, 2024, 1:30pm
- QPR Training: Thursday, February 7, 2024, 12:00pm – 1:00pm in Clifford Room
- Gratitude Tabling Event: February 20, 2024, 12:00pm – 1:30pm
- Can I Kiss You? PAWS Event: February 22, 2024, 4:00pm

March – Physical Health and Wellness

- Mental Health 101 Webinar: (Faculty & Staff) March 1, 2024 12:00pm – 1:00pm
- Self-Care Workshop: (Faculty and Staff) TBA
- Heart Mini Marathon & Walk: Sunday, March 17, 2024
- Walking Mindfully: An Introduction to the Labyrinth: March 22, 2023, 12:00pm – 2:00pm

April – Wellness Jubilee

- Recharge and Connect Event: (TBA)
- Celebrate Dimensions of Wellness Tabling Event: April 17, 2024 12:00pm – 1:30pm
- Blood Drive: April 18, 2024, 9:00am – 3:00pm

May – Mental Health Awareness

- Recharge and Connect Event: (TBA)