Wellness Center – Fall Semester

2025-2026 Academic Year

August – Dimensions of Wellness - Social

* Welcome Week – Wellness Center Ice Cream Social: Tuesday, August 19th 12:00 -1:30pm
* Health Services 101 – Health Services 101: Thursday, August 28th 10:45am – 12:00pm

September – Suicide Prevention Month

* Blood Drive: September 4th 9:00am – 2:45pm
* QPR Training: Thursday, September 11th 12:00 – 1:00pm
* Wednesdays with Willow: September 17th 3:00 – 4:00pm

October – Dimensions of Wellness - Emotional

* QPR Training: Thursday, October 9th 12:00 -1:00pm
* Wednesday with Willow: October 15th 3:00 – 4:00pm
* Welloween: Friday, October 31st 12:00 -2:00pm

November – Dimensions of Wellness - Occupational

* Blood Drive: Wednesday, November 5th 8:00am – 2:00pm
* Procrastination Tabling Event: Thursday, November 6th 12:00 – 1:00pm
* Crafts with Counselors: Monday, November 10th 12:00 – 1:00pm
* Wednesday with Willow: November 19th 3:00 – 4:00pm

December – Dimensions of Wellness - Intellectual

* Exam Self-Care Kits Tabling Event: Wednesday, December 3rd 12:00 – 1:00pm
* Wednesday with Willow: December 10th 3:00 – 4:00pm

\*\*\*If you would like to **Request a Workshop**, please visit our website: <https://www.msj.edu/student-life/wellness-health-resources/request-a-workshop/index.html> or call 513.244.4949 or email Wellness.Center@msj.edu for more information.