

SAVE THE DATE

**WELLNESS CENTER EVENTS
SPRING 25-26**

JAN

- Lions Cupboard Open House: January 15th 12:30– 2:00pm
- Be Concerned Pick-up: January 21st 4:00–5:00pm
- Crafting Connections– Hope: January 22nd 12:00 – 1:30pm
- Wednesdays with Willow: January 28th 3:00pm – 4:00pm

FEB

- Crafting Connections – Love: February 12th 12–1:30pm
- Budgeting 101–PNC Bank: February 17th 12:30–1:30pm
- Be Concerned Pick-up: February 18th 4:00–5:00pm
- Wednesdays with Willow: February 25th 3:00 – 4:00pm

MAR

- QPR Training: March 6th 11:00am – 12:00pm
- Be Concerned Pick-up: March 18th 4:00–5:00pm
- Healthy Sleep Hygiene: March 19th 12:00–1:00pm
- Wednesdays with Willow: March 25th 3:00–4:00pm

APR

- Be Concerned Pick-up: April 15th 4:00–5:00pm
- Blood Drive: April 16th 9:00am – 3:00pm
- Walking in Beauty: A Mindful Hike: April 22nd 4:30–6:30pm
- Crafting Connections– Self Compassion & Appreciation of Beauty: April 23rd 12–1:30 pm
- Wednesdays with Willow: April 29th 3:00–4:00pm

MAY

- Exam Self-Care Kits: May 4th 12:00pm
- Be Concerned Pick-up: May 6th 4:00–5:00pm