

RINCON WELLNESS CENTER

monday tuesday wednesday thursday friday

April



				1 FINALS Schedule
4 WELLNESS PEER MEETING	5 IG Journals WELLNESS PEER RETREAT @ VCOE	6 MINDFUL JOURNALING + ACTIVITY #2	7 DIY Stress Ball Activity	8 Grief Group @ 11:30
11	Spring Break			15
18 NEXT YEAR WELLNESS PEER APPLICATIONS DISTRIBUTION	19 Stress Management Coping Activity	20 MINDFUL JOURNALING + ACTIVITY #3	21 Chris Herren Video	22 Grief Group @ 11:30
25	26 IG Journals WELLNESS PEER MEETING	27 MINDFUL JOURNALING + ACTIVITY #3 Chris Herren Video	28 WP : Diversity Collective Training RISE	29 Grief Group @ 11:30

EVENTS TO SIGN UP FOR:

- WELLNESS PEER RETREAT: APRIL 5
- DIY STRESS BALLS: APRIL 7
- STRESS MANAGEMENT AND COPING: APRIL 19
- CHRIS HARREN VIDEO : APRIL 21
- CHRIS HARREN VIDEO: APRIL 27
- MINDFUL JOURNALING + ACTIVITIES: APRIL 4, 20, 27 (5 WEEKS)
- WELLNESS PEER TRAINING: APRIL 28

A note from the Wellness Center:

**WELLNESS
WEDNESDAYS
WEAR YOUR
RINCON GEAR**