

RINCON WELLNESS CENTER

monday tuesday wednesday thursday friday

Promote MH ² Ribbon Display on Campus MONDAY MORNING MEDITATION	MINDFUL CRAFTING WITH F2S ³ Teacher Appreciation: Therapy Dogs	WELLNESS WEDNESDAY ⁴ Teacher Appreciation: Therapy Ponies	Wellness Center Visit ⁵ MINDFUL JOURNALING Teacher Appreciation: Therapy Dogs	MH DOODLE ART @ LUNCH ⁶
Nurse Appreciation ⁹ MONDAY MORNING MEDITATION	WELLNESS PEER MEETING ¹⁰ WP : Diversity Collective Training RISE	AROMATHERAPY STRESS BALL @ LUNCH ¹¹	Monthly WC Staff Meeting @ District ¹² Wellness Center Closed after 12pm	WELLNESS CENTER CLOSED (REMODEL) ¹³
WELLNESS CENTER CLOSED (REMODEL) ¹⁶	IG Journals ¹⁷ YOGA @ LUNCH	WELLNESS WEDNESDAY ¹⁸ Q&A DIVERSITY COLLECTIVE: WELLNESS PEERS 11-12PM	SELF CARE ACTION PLANNING @ LUNCH ¹⁹	RINCON RUMBLE @ LUNCH ²⁰
MONDAY MORNING MEDITATION ²³	BUBBLE BREAK ACTIVITY ²⁴	WC Staff are off Campus ²⁵ Wellness Center Closed until after Lunch	YOGA @ LUNCH ²⁶	Wellness Center Closed ²⁷ Art & Wellness Exhibition @ VCOE
MONDAY MORNING MEDITATION ³⁰	IG Journals ³¹ WELLNESS PEER MEETING			

EVENTS TO SIGN UP FOR:

- MONDAY MORNING MEDITATION : 5/2, 5/9, 5/23, 5/30
- MINDFUL CRAFTING W/ F2S : 5/3
- MENTAL HEALTH DOODLE ART @ LUNCH: 5/6
- AROMATHERAPY STRESS BALL: 5/11
- YOGA @ LUNCH: 5/17, 5/26
- SELF CARE ACTION PLANNING @ LUNCH: 5/19
- RINCON RUMBLE @ LUNCH: 5/20
- BUBBLE BREAK ACTIVITY: 5/24

DROP BY THE WC:

- TAKE WHAT YOU NEED POSTER
- MENTAL HEALTH WEEKLY WELLNESS ACTIVITIES
- INSIDE OUT POSTER

May



MENTAL HEALTH AWARENESS MONTH