

2025 Week of Wellness

From Brain Gains to Bull Strength **March 31- April 4**

Join us for USF's Week of Wellness. We're putting mind, body, and balance front and center! From stress relief to self-care, movement to mindfulness, this week is all about helping Bulls thrive—inside and outside the classroom.

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| MON MARCH 31 | Kick Off the Week with Pizza | <ul style="list-style-type: none"> - CONSENT & SEXUAL HEALTH • 11am - 2pm Lawn between Recreational Center (REC) and Student Health & Wellness Center (SWC) - FREE STI TESTING (By Appointment Only at usf.edu/gyt) • 10am - 4pm Student Health & Wellness Center (SWC) Room 180 |
| TUE APRIL 1 | Walking Tacos Tuesday | <ul style="list-style-type: none"> - EXERCISE, RECOVERY, & NUTRITION • 11am - 2pm Lawn between Recreational Center (REC) and Student Health & Wellness Center (SWC) - FREE STI TESTING (By Appointment Only at usf.edu/gyt) • 10am - 4pm Student Health & Wellness Center (SWC) Room 180 - MEDITATION AND MOCK-TAILS • 4 - 6pm Martin Luther King (MLK) Fountain |
| WED APRIL 2 | Jimmy John's Sandwiches | <ul style="list-style-type: none"> - MENTAL HEALTH & EMOTIONAL WELLBEING • 11am - 2pm Lawn between Recreational Center (REC) and Student Health & Wellness Center (SWC) - FREE STI TESTING (By Appointment Only at usf.edu/gyt) • 10am - 4pm Student Health & Wellness Center (SWC) Room 180 - EMPOWER LAUNCH • 11am - 2pm Marshall Student Center (MSC) Amphitheater |
| THU APRIL 3 | Food Truck | <ul style="list-style-type: none"> - WELLNESS WONDERLAND RESOURCE SHOWCASE • 11am - 2pm Lawn between Recreational Center (REC) and Student Health & Wellness Center (SWC) - SUICIDE PREVENTION TRAINING • 9:30am - 12pm Student Services (SVC) 1031 - FREE STI TESTING (By Appointment Only at usf.edu/gyt) • 10am - 4pm Student Health & Wellness Center (SWC) Room 180 - SWELLNESS WORKSHOP: ProscasTENation • 2pm - 3pm → Ten strategies to address procrastination. Online via BullsConnect |
| FRI APRIL 4 | Jeremiah's Italian Ice | <ul style="list-style-type: none"> - FREE STI TESTING (By Appointment Only at usf.edu/gyt) • 8:30am - 4:30pm Student Health & Wellness Center (SWC) Room 180 |



For reasonable accommodations, contact Susanna Perez at susanna@usf.edu.

Week of Wellness is a collaborative effort of the Student Health & Wellness Center, Center for Student Well-Being, Counseling Center, Recreation and Wellness, Center for Victim Advocacy & Violence Prevention, and Student Government.



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 Student Success