

2025 Wellness Week

No Frights...Just Delights! **October 27-30**

JOIN US AT SESSUMS PEDESTRIAN MALL near CPR, EDU, and Honors College. From stress relief to self-care, movement to mindfulness, this week is all about helping Bulls thrive—inside and outside the classroom.

MON 27	Kick Off the Week Jimmy John's Subs	- HOCUS POCUS POP-UPS 10:30am - 1:30pm Hide & Seek for Halloween candy, face painting, make your own jack o' lantern
TUE 28	Walking Tacos Tuesday	- PHYSICAL WELL-BEING: WITCHES, WARLOCKS, AND WORKOUTS 10:30am - 1:30pm Chair massages, corn sack races, cornhole, yoga, games
WED 29	Pizza and Jeremiah's Italian Ice	- SEXUAL WELL-BEING: SPOOKTACULAR SEXUAL HEALTH 10:30am - 1:30pm Totebag giveaway, face painting, outdoor games - "I SCREAMMM FOR FLU SHOTSSS" 10:00am - 3:00pm Student Health & Wellness Center (SWC) Room 180
THU 30	Party BBQ	- EMOTIONAL WELL-BEING: MUMMIES, MINDFULNESS, & MOCKTAILS 10:30am - 1:30pm Pet the Puppies, T-shirt giveaway, pumpkin painting, lip balm station, mocktails, Coping Cauldrons

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