



# WELLNESS WEDNESDAY

9/11: CBC-Mindful Activity/ SSC (Building S) 11 am-1 pm

9/18: VIDA- Mindful Activity/ SSC (Building S)/ 12 pm

9/25: SA Food Bank/MSC Cafeteria/11 am-1 pm

10/02: Southwest Family Life Centers/MSC Cafeteria/11 am-1 pm

10/09: State Health Dept.: Safer Sex Convo/Hubbard Hall/12 pm

10/16: The Anderson House/MSC Cafeteria/11 am-1 pm

10/23: Together Resiliency Center /MSC Cafeteria/11 am- 1 pm

10/30: SA Food Bank/ MSC Cafeteria/ 11 am- 1 pm

11/06: MCHD/ Garner Hall Dorms/ 11 am- 1 pm

11/13: CHDI Vaccine Drive/ MSC Cafeteria/ 11 am- 1 pm

11/20: SA Food Bank/MSC Cafeteria/11 am-1 pm

12/04: MHDD- MSC Cafeteria/ 11 am- 1 pm