



MOUNT ST. JOSEPH  
UNIVERSITY®

## Wellness Center

### Annual Calendar

#### 2024-2025 First Semester

##### August – Dimensions of Wellness - Social

- Welcome Week Wellness Session: August 16, 2024 2:00pm – 3:00pm
- Ice Cream Social: August 20, 2024 1:00pm -3:00pm
- Health Services 101: August 29, 2024

##### September – Suicide Prevention Month

- QPR Training: September 10, 2024 4:30pm – 5:30pm
- Blood Drive: September 10, 2024 9:00am – 3:00pm
- Virtual Warrior Run: September 30, 2024 3:00pm -4:30pm

##### October – Dimensions of Wellness - Emotional

- Mental Health 101 (Students): October 16, 2024 12:00pm -1:00pm
- QPR Training: October 10, 2024 12:00pm – 1:00pm
- Mental Health 101 (Faculty/Staff): October 23, 2024 12:00pm – 1:00pm
- Welloween: Thursday, October 31, 2024 12:00pm -2:00pm

##### November – Dimensions of Wellness - Physical

- Gratitude Tabling Event: November 5, 2024 11:45pm – 1:15pm
- Blood Drive: November 6, 2024 8:00am – 2:00pm
- Great American Smoke Out Table: November 21, 2024 11:45pm – 1:15pm

##### December – Dimensions of Wellness - Intellectual

- Procrastination Workshop: December 2, 2024 12:00pm -1:00pm