



WELLNESS WEEK: A Path to Mental Health and Belonging

FEBRUARY 3-7



Attend **EACH EVENT**
throughout the week to receive
one **FREE Brain Science**
plush keychain.

(Designs vary.)



For more information and most
up-to-date schedule, please visit
millersville.edu/chep.



Keep an eye out for **Pet Therapy and
Group Therapy** sessions throughout the week.

Monday, Feb. 3

MINDFUL MOMENTS: YOGA & MINDFULNESS KICKOFF

Student Memorial Center (SMC), Rec Center • 5-6:30 p.m.
• FREE yoga mat for first 20 students.

Tuesday, Feb. 4

MENTAL HEALTH MATTERS: SCREENING & FAIR

SMC, Multipurpose Room (MPR) • 11 a.m.-1:30 p.m.
• FREE crewneck for first 200 students who complete
tabling and depression screening.

Wednesday, Feb. 5

COFFEE CHATS: MENTAL HEALTH CONVERSATIONS

Evergreen Cafe • 10:30 a.m.-1 p.m.
• \$5 voucher to Evergreen Cafe for first 150
students who interact with a mental health specialist.

Thursday, Feb. 6

ARTFUL SOLUTIONS: ART JOURNALING WORKSHOP

SMC, Atrium • 4-5 p.m.
• FREE art and journaling supplies for students.

Wednesday, Feb. 5–Friday, Feb. 7

CAMPUS REC UNLEASHED: EXPLORE THE REC CENTER

SMC, REC Center
Wednesday: 6-8 p.m.
Thursday: 2-4 p.m., 7-8 p.m.
Friday: 10 a.m.-2 p.m.

