

# Check Up From The Neck Up Week!

A WEEK FOCUSED ON THE IMPORTANCE OF MENTAL HEALTH

## September 18-22



### Monday:

**MEDITATION MONDAY:** 9 - 10 am via Zoom, register on the Wellness Promotion RamConnect for link

**MIX IT UP COOKING DEMO - Overnight Oats:**  
5 - 6 pm, SECC Food Lab (OWP and Food Systems Club)

**CHECK UP FROM THE NECK UP: MENTAL HEALTH SCREENINGS:** 11 am - 1 pm in the Sykes Ballrooms

### Tuesday:

**PLANK CHALLENGE:** 5 - 6 pm, Campus Rec MAC Court (register in IMLeagues)

**HEALTH AND WELLNESS STUDENT OPEN FORUM:**  
6 pm, Sykes Ballrooms

**FRESH CHECK DAY:** 1 - 3 pm in the Academic Quad (rain location: MAC court)

### Wednesday:

**MINDFUL PAINTING:** 2:30 - 3:30 pm, Center for Contemplative Studies

**RELAXATION STATION BEWELL HUT WITH STUDENT HEALTH AND WELLNESS PROMOTION:**  
1 - 2 pm, Commonwealth Hall Lawn

### Thursday:

**THERAPY DOGS:** 4:30 - 6 pm, Sykes Lobby

**REFRESH SLEEP CAMPAIGN:** registration closes 9/21, program starts 9/25

### Friday:

**HUMAN RESILIENCY PROJECT:** 11 am - 1 pm, Commons Dining Hall - SECC

Co-sponsored by the Counseling Center and Office of Wellness Promotion

For more information, email [wellness@wcupa.edu](mailto:wellness@wcupa.edu)

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