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)

**Tuesday:**
- **CHECK UP FROM THE NECK UP: MENTAL HEALTH SCREENINGS:** 11 am – 1 pm in the Sykes Ballrooms
- **PLANK CHALLENGE:** 5 - 6 pm, Campus Rec MAC Court (register in IMLeagues)
- **HEALTH AND WELLNESS STUDENT OPEN FORUM:** 6 pm, Sykes Ballrooms

**Wednesday:**
- **FRESH CHECK DAY:** 1 – 3 pm in the Academic Quad (rain location: MAC court)
- **MINDFUL PAINTING:** 2:30 - 3:30 pm, Center for Contemplative Studies

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