Join us on campus in the residential quad for a health hut filled with activities to learn more about COVID-19 and strategies to help reduce the spread of the virus.

March 30th-April 8th

For additional information or questions about the Game of Well-Being, please email wellness@wcupa.edu.

March 30th

Major & Career Check Up
11:30 - 1pm
In Person
Have you had a chance to stop and check up on your career journey? Come by the TCDC table outside of Lawrence Center to get a quick check list. Sponsored by Career Development Center

Communications, Marketing & Sports Meet Up
3:30 - 5:30pm
Remote
Meet alumni and employers who work in these fields to explore jobs and internships and gain insight into an industry or employer. Sponsored by Career Development Center

March 31st

Wellness Workshop: Nostalgia & The Good Old Days
5pm
Remote
Join Peer Educators, Nebiyou & Aaron, for a Wellness Wednesday discussing why reminiscing and nostalgia make us feel good and how they are connected to the concept of well-being. Sponsored by Wellness Promotion

April 1st

Technology, Science & Health Meet Up
3:30 - 5:30pm
Remote
Meet alumni and employers who work in these fields to explore jobs and internships and gain insight into an industry or employer. Sponsored by Career Development Center

Registration on Handshake

April 2nd

Health Hut: Red Solo Cup
8:30am
Hybrid
The Voice Your Values workshop provides an introduction into value and their influence on personal decision-making. Sponsored by Wellness Promotion

April 7th

Major & Career Check Up
12:30 - 2pm
In Person
Join us on campus in the residential quad for a health hut filled with activities to learn more about social norms and the perception of alcohol consumption on campus. Sponsored by Wellness Promotion

April 8th

CHOICES Alcohol Workshop
10am
Remote
Interested in learning more about how alcohol impacts the brain and body and strategies to consume in low-risk ways if you do make the decision to drink? Sponsored by Wellness Promotion

April 8th

Plant the “seeds” of Involvement
12 - 2pm
In Person
Join SLI and the LC’s to decorate a pot and a discussion on what you want to be involved in over your time on campus. Sponsored by Student Leadership & Involvement

April 2nd

Voice Your Values
2pm
Remote