

WELLNESS week

APRIL 2-6

APRIL 2

MOVEMENT
MONDAY

**WELLNESS WEEK
KICK-OFF**

11 a.m.-1 p.m.
Union Terrace
free food!

**ZUMBA DANCE PARTY
ON BOSCO PLAZA**

12 p.m.
Bosco Plaza

APRIL 3

TAKE CONTROL
TUESDAY

**FREE
HIV TESTING**

9 a.m.-4 p.m.
LGBTQ Resource Center
Holton Hall 2nd Floor

**MONEY
VAULT**

11 a.m.-2 p.m.
Union Terrace
giveaways!

TEAL RIBBON EVENT

11 a.m.-1 p.m.
Union Terrace
Show support for survivors
during National Sexual
Assault Awareness Month

**BELOW THE SURFACE:
ALL ABOUT SUICIDE
KAT CHAT**

Presented by
P.A.W.S. students
4 p.m.-4:45 p.m.
Leisure Room 13

**TODD ROMER PRESENTS
YOUNG MONEY
LIVE!**

5:30 p.m.-7:30 p.m.
College of Business 1088
giveaways!

APRIL 4

WATER IT DOWN
WEDNESDAY

**HYDRATION
STATION**

11 a.m.-1 p.m.
Union Terrace
giveaways & free food!

Visit our hydration station and sample
different flavors and varieties of water!

APRIL 5

THINK IT THROUGH
THURSDAY

**MINDFULNESS
BREAK**

11 a.m.-1 p.m.
Coffman Commons
giveaways!

Come learn study tips
as we gear up for finals
and take a mindful break
while coloring, playing
giant jenga or hanging
out in hammocks.

**TAKE WHAT
YOU NEED**

11 a.m.-1 p.m.
Coffman Commons

Give and receive positive &
encouraging messages during this
event for National Sexual Assault
Awareness Month.

APRIL 6

FOOTPRINT
FRIDAY

**K-STATE
GOES GREEN**

11 a.m.-1 p.m.
Union Terrace
giveaways!

Come check out information
of how to be more eco-friendly, the
locations of walking paths in Manhattan,
and to get your bikes checked for safe riding!

REDUCE YOUR FOOTPRINT COMPETITION



@KStateWWC



Wildcat Wellness Coalition

Enter to have the chance to win a prize by tagging a photo to the Wildcat Wellness Coalitions' instagram/facebook each day using **#investinyourself** and post a photo of you completing the day's theme:

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

Reduce energy usage; get outside & get movin'!
All taste, no waste! Only take what you can eat & clean your plate!
Use a reusable water bottle.
Recycle something!
Walk or bike to class.

