

WINTER 2019 CALENDAR

EVENTS

JAN 31 & FEB 1

Dental Clinic

10:00 am - 2:30 pm
The Meeting Center, Pine Room

Need dental work? Call the Student Health Center to attend a FREE screening on Thursday (1/31) or Friday (2/1) to see if you qualify for FREE dental work. Qualified patients may receive a cleaning or filling or both for FREE.

FEB 6

Stay Safe Valentine

1:00 - 2:00 pm
The Meeting Center, Pine Room

Join us as we explore the different ways you can protect yourself, while still having fun! This workshop will provide an overview of the different types of barriers, such as condoms, dental dams, and female condoms, along with other ways you can add to your experience! Each participant will also leave with a "Valentine's Day Kit" filled with everything discussed in the workshop. Free pizza is provided!

FEB 11 & 13

Love Lab: Valentine's Week

NOON - 2:00 pm
Outside SMSU

11th: Stop by our table to learn about safe sex and take home condoms, lube and other necessities.

13th: Join us as we talk about the importance of self-love this upcoming Valentine's Day. Free activities and opportunities to build your own self-love kit.

FEB 13

What's Your Love Language?

NOON - 2:00 pm
Outside SMSU

Do you know what your love language is? Come out to our table and learn about the 5 different love languages and how to use them to improve and understand relationships with your partner, family, friends, and yourself!

FEB 27 & MAR 7

#Notetoself

27th: NOON - 2:00 pm
7th: 11:00 am - 1:00 pm
Outside SMSU

The purpose of this event is to create a positive environment for students through affirmations and spreading body positivity. Stop by our table to participate in our free activities.

MAR 13

Pet Away Worries & Stress

10:00 am - 2:00 pm
SMSU Event Center

Pet Away Worries & Stress (P.A.W.S.) is a getaway to relax and take a break from studying before finals week. This event includes therapy dogs, henna, nap hammocks, games and coloring. Come by to get a study kit!

WEEKLY WORKSHOPS

Art of Well-Being

Every Tuesday
2:00 - 4:00 pm
Health Center, Rm. 140

Join us each week for a different craft activity to promote relaxation, stress relief, and personal fulfillment. Please arrive on time and plan to stay until the end to complete your project. All craft supplies included!

Finding Your Center

Every Monday, Wednesday, & Friday
NOON - 12:30 pm
The Meeting Center (Lower Commons)

This workshop provides mindfulness activities by enhancing our well-being through the practice of being present, creating higher peace, calming your mind, improving mental clarity, expanding creativity, and enhancing personal satisfaction.

Love Lab

Every Monday
Noon - 2:00 pm
Between the SMSU & library

Stop by our table each week and get information on reproductive health, tips for safer sex, available resources and everything in-between. Join us for some interactive fun and increase your knowledge.

Nutrition Counseling

Every Tuesday & Thursday
2:00 - 4:00 pm
Student Health Center

Do you want to make healthy lifestyle changes, to know if you are eating well, and to know more about your nutritional status? You will receive a diet analysis of your food intake, confidential assessment, and recommendations to improve your nutrition & health status, follow up visits are available. Walk-ins are welcome, no appointments necessary.

Nutrition & Healthy Eating

Every Other Thursday
(Jan. 24, Feb. 7, 21, Mar. 7)
2:00 - 4:00 pm
Community Kitchen, Coyote Village

This workshop includes four workshops designed to provide healthy food options, cooking demonstrations, meal prep ideas, and tips for eating well on a student budget. Maximum capacity up to 20 students.