

Spring 2024

PROGRAM & EVENTS SCHEDULE

The Wellness Center supports students in doing and feeling their best throughout the semester by fostering a culture of wellbeing and inclusion at the University of Wyoming. Most Wellness Center programs and services are free to UW students, staff, and faculty.

Wellness Center hours are **Monday - Friday, 9:00am - 5:00pm.**

If you are in need of accommodation for an event, program, or service, please contact Campus Recreation at rec@uwyo.edu or **307.766.3428**

January

Programs & Events	Day(s)	Date(s)	Time(s)	Location
Time Management Workshop	Wednesday	January 24th	5:00 - 6:00pm	HA 115
Coe-zy Fest & Planning Party	Thursday	January 25th	2:00 - 2:30pm	Coe 208
Mental Health First Aid Training *	Saturday	January 27th	9:00am - 4:00pm	HA 115
Body Composition Testing	Wednesday	January 31st	3:30 - 5:00pm	HA 107

February

Programs & Events	Day(s)	Date(s)	Time(s)	Location
Anxiety/Depression Workshop	Thursdays	February 1st, 8th, 15th, & 22nd	10:00 - 11:00am	Knight Hall 341
EmBody Empathy	Thursdays	February 1st, 8th, 15th, 22nd, & 29th	12:00 - 1:00pm	HA 117
Big Sky Mindfulness	Thursdays	February 1st, 8th, 15th, & 22nd	3:30 - 5:00pm	HA 117
Gatekeepers Training	Thursday	February 1st	9:00 - 10:30am	HA 115
Mental Health First Aid Training *	Monday & Wednesday	February 5th & 7th	5:30 - 9:00pm	HA 115
Calligraphy with Kevin	Friday	February 9th	8:30 - 9:30am	HA 115
Kitty Cuddle Time	Friday	February 9th	11:00am - 12:00pm	HA 115
Puppy Playdate	Wednesday	February 14th	4:30 - 5:30pm	HA 115
Time Management Workshop	Wednesday	February 21st	5:00 - 6:00pm	HA 115
Mental Health First Aid Training *	Saturday	February 24th	9:00am - 4:00pm	HA 115
Body Composition Testing	Wednesday	February 28th	3:30 - 5:00pm	HA 107

March

Programs & Events	Day(s)	Date(s)	Time(s)	Location
Calligraphy with Kevin	Friday	March 1st	8:30 - 9:30am	HA 115
Kitty Cuddle Time	Friday	March 1st	11:00am - 12:00pm	HA 115
Mental Health First Aid Training *	Monday & Wednesday	March 4th & 6th	9:00am - 12:30pm	HA 115
Gatekeepers Training	Thursday	March 7th	9:00 - 10:30am	HA 115
Puppy Playdate	Wednesday	March 20th	4:30 - 5:30pm	HA 115
Mental Health First Aid Training *	Saturday	March 23rd	9:00am - 4:00pm	HA 115
Time Management Workshop	Monday	March 20th	5:00 - 6:00pm	HA 119
Big Sky Mindfulness	Mondays	March 18th, 25th, April 1st, 8th	12:00 - 1:30pm	Zoom
Body Composition Testing	Wednesday	March 27th	3:30 - 5:00pm	HA 107

April

Programs & Events	Day(s)	Date(s)	Time(s)	Location
Mental Health First Aid Training *	Tuesday & Thursday	April 2nd & 4th	5:30 - 9:00pm	HA 115
Big Sky Mindfulness	Tuesdays	April 2nd, 9th, 16th, & 23rd	3:00 - 4:30pm	Rentschler Room - American Heritage Center
Time Management Workshop	Wednesday	April 3rd	5:00 - 6:00pm	HA 115
Get Yourself Tested (GYT)	Wednesday	April 3rd	TBD	Union Ballroom
Gatekeepers Training	Thursdays	April 4th	10:00 - 11:00am	HA 115
Calligraphy with Kevin	Friday	April 5th	8:30 - 9:30am	HA 115
Puppy Playdate	Wednesday	April 10th	4:30 - 5:30pm	HA 115
Kitty Cuddle Time	Friday	April 12th	11:00am - 12:00pm	HA 115
Sustainability Challenge	2 Week Challenge	April 15th - 29th	N/A	N/A
Mental Health First Aid Training *	Friday	April 19th	9:00am - 4:00pm	HA 115
Body Composition Testing	Wednesday	April 24th	3:30 - 5:00pm	HA 107
Time Management Workshop	Monday	April 29th	TBD	Coe Library

May

Programs & Events	Day(s)	Date(s)	Time(s)	Location
Puppy Playdate (De-Stress Events)	Wednesday	May 1st	4:30 - 5:30pm	TBD
Gatekeepers Training	Thursday	May 2nd	10:00 - 11:00am	HA 115
Kitty Cuddle Time (De-Stress Events)	Thursday	May 2nd	11:00am - 12:00pm	TBD
Mental Health First Aid Training *	Tuesday & Thursday	May 14th & 16th	9:00am - 12:30pm	HA 115
Finals Wellness & De-Stress Events	Monday - Monday	April 29th - May 6th	9:00am - 5:00pm	Coe Library & HA 107

Additional Programs, Events, & Services

Programs & Events	Day(s)	Time(s)	Location
Athletic Training ●	Monday - Friday	9:00am - 5:00pm Appointment Required	HA 107
CryoLounge Chair ●	Monday - Friday	9:00am - 5:00pm Appointment Required	HA 107
Drop-in Meditation	Thursdays	12:15 - 12:45pm	HA 107 Zen Den
Massage Chairs ●	Monday - Friday	9:00am - 5:00pm Appointment Required	HA 107
Free Fruit Friday	Fridays	Begins 9:00am While Supplies Last!	HA 107
Smoothie Bike	1st Friday of the Month	9:00am - 12:00pm	HA 107
RelaxSpace Wellness Pod ●	Monday - Friday	9:00am - 5:00pm Appointment Required	HA 107
Zen Den Relaxation Lounge	Monday - Friday	9:00am - 5:00pm	HA 107
Bird Watching	Monday - Friday	9:00am - 5:00pm	HA 107
UW Food Share Pantry	T/Th & F	2:00 - 5:00pm & 10:00am - 2:00pm	Knight Hall 106

Unless noted otherwise, all events and programs are open to all students, staff, faculty, and UW community members and will be held in the Wellness Center.

* Indicates that MHFA registration closes 48 hours prior to the start of the course. If attending the 2-day offering, attendance is required both days.

● Indicates student-only program.

SCAN TO VIEW WEBSITE,
REGISTER FOR
PROGRAMS, AND MAKE
APPOINTMENTS!



Half Acre Recreation & Wellness Center | Room 107

(307) 766-WELL

wellness@uwyo.edu