

# WELLNESS CENTER EVENT SCHEDULE

Events are open to NSC students, Staff, and the community. \*Some restrictions apply.

**9/30/24** Open House All Day

**10/7-10/10/24** Mental Health Awareness Week

**11/6/24** Native American Health Remedies

**12/9/24** Finals Survival Kits\*

**1/22/25** Community Health Fair

**2/13/25** Consent Workshop\*

**3/6/25** Nutrition Awareness Workshop

**4/16/25** Art Therapy

**5/7/25** Supporting Young Men Workshop\*

**6/5/25** 5K Community Walk/Run

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