


































September

Multiple Dates/ Times		What better way to kick off the Fall semester and celebrate National Yoga Month with Yoga (and other) fitness classes. Whether you like Yoga, Tai Chi or some body pump and HIIT training we have something for you. Check out the calendar and sign up on Bookings in office 365 .	
9/3/20	3-5pm Howard Hall	Welcome Week BBQ: Numerous games, prizes and information booths. Wellness Committee will be offering information on Eye Health & Safety Month and free sunglasses!	
9/15/20	8:30-8:50am	Campus Pickup for Environmental Wellness This month our event is "Bring a Buddy" month. Support campus and our environment is as easy as 20 minutes and inviting a buddy to help. Meet in the lobby, help out and both win a prize (Marketplace giftcard) for contributing to our campus	  
9/15/2020	5-6:30pm	Suicide Prevention (QPR) Training (*SST)	 
9/21/2020	11:30-1pm	Spirit Week: Kickoff Enjoy a live performance by Omaha Street Percussion and a boxed lunch. Courtyard	 
9/22/2020	11am-1pm	Chalk Drawing Contest and Lunch – Participate online or on-campus in our chalk drawing contest for a chance to win free prizes. Boxed lunches will be served.	 
9/23/2020	1:00-3:00pm	Spirit Week Wellness Fair- Explore different facets of wellness to help find balance during these stressful times. Courtyard.	All Dimensions
9/24/2020	10-11:15am	Alumni Brunch – Alumni join to hear updates on the college, reconnect with friends, and celebrate 25 years of the MSN Program and 20 years of the Gateway Scholarship.	 
9/24/2020	1:00-1:30pm	Heritage Garden Walk- Join us as we dedicate new bricks in our Heritage Garden and crown the 2020 Mr. and Ms. Clarkson. Courtyard, Zoom , FB live	 
9/25/2020	8am-12pm	Alumni CEU Event – Learn how medical 3D printing is changing the landscape in medicine Cost range \$10-45. Signup Link .	 
9-25/2020	7-9pm Zoom	Alumni Trivia Night - The Alumni Association is excited to bring America's Pub Quiz to the alumni and friends of Clarkson College. Grab dinner, a cocktail and some friends for a virtual trivia game night and the chance to win free prizes. Link	 
9/28 – 10/2	TBA	Campus Safety Week is Sept 28-Oct 2 Check out multiple events and details soon.	

October













All Month		October is WalktoberFest Challenge . Can you get 100,000 steps in the month? Use a pedometer or fitness tracker and see if you can hit the goal! Employees earn points in the Empower program for participating.	
All Month		Fitness Classes Contine – Check out the calendar invites to see what classes are offered and the link to sign up	
10/1/2020	4:30-6pm	Self- Defense Class Finish off Campus Safety Week with a free self-defense course at 4:30 p.m. in Howard Hall <u>or</u> via Zoom. Instructor Claudia Brown Jackman, a third degree black belt in Akido, will instruct participants in self-defense techniques available to individuals of all ages, sizes and abilities. She will incorporate Safe Hands Healing Hands techniques that focus on a compassionate form of self-protection. Register for the course	 
10/7/2020	12:30-1pm	Celebrate World Mental Health Day (10/10/20) with a session on - Finances and Emotional Wellness . Guest Speaker Maureen O'Donnell from Arbor Family Counseling. 12:30pm in Howard Hall (Snacks provided) or on Zoom Link	 
Deadline to submit 10/27 Voting 28-30th	Online submissions	Exercise your Creativity with the Pumpkin Decorating Contest Decorate your pumpkin – submit a photo for the contest at chances to win prizes. Full Contest details and Links to be sent out 10/13	 
10/13/2020	3:30-3:50pm	Campus Pickup for Environmental Wellness October is National Apple Month. Donate 20minutes of support of wellness and get free Apples. Meet in the main lobby and return to collect apples at the end.	  
10/20/2020	4-5:00pm	Domestic Violence Awareness with WCA (*SST)	 
10/27/2020	12:30pm	A great way to end <i>WalktoberFest</i> is through participating in the PTA 5K Run/Walk . Come on out and enjoy a lunch walk/jog on the trail (just blocks from campus). Sign up HERE	

	Physical Wellness		Occupational Wellness	
	Social Wellness		Emotional Wellness	
	Financial Wellness		Intellectual Wellness	
	Spiritual Wellness		Environmental Wellness	







Programming by:

*SST- Student Support Team, *SWC- Spirit Week Committee, *SAC- Student Activities Council, *AA-Alumni Association

November

All Month		Fitness Classes Contine – Check out the calendar invites to see what classes are offered and the signup link to join!	
Nov 1-Dec 31		Gratitude Journals -Submit your gratitude via anonamous form (Link and details sent Nov 1)	 
11/4/2020	12-1pm	National Stress Awareness Day - Learn how to identify signs and prevent burnout. Stop by the Student Center to say hello to our College counselors Ms. Jenny Kissinger and Julie Brummer, pickup informaiton on reducing stress and a delicions treat!	 
11/4/2020	12:30-3:30p	Clarkson College Flu Shot Clinic Protect yourself and others by visiting Howard Hall for your free Flu Shot. Assistance will be on hand to help students with clinical compliance form.	
11/5/2020	4:30-6pm	Trauma: An Overview fo Healthcare Provsionals w Project Harmony (*SST)	 
11/10/2020	3:30-3:50pm	Campus Pickup for Environmental Wellness Donate 20minutes of support of wellness and help our campus stay beautiful. Meet in the main lobby	  
11/17/2020	Signup Link Coming Soon	Climb the College - Push yourself -not the button: Take the stairs. Join us for the annual contest to set a personal goal of the # of floors or climbs of the college. *Not on campus or free for the event? We have you covered: Join the virtual participation and be entered to win a prize!	

December

12/1/2020	11am-1pm	Relaxation Stations – Howard Hall (SST) Stop in Howard Hall for resources and relaxation activities before finals.	 
TBA		Giving Tree Present Donations (SGA) Details coming soon!	 
TBA		Campus Ice Skating Event - Details coming soon!	 
TBA		Employee Holiday Party Details coming soon!	

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