



## **Spring Semester 2016** E-mail StudentWellness@etown.edu to join! *Join our online fitness group for weekly* **Motivational Mondays** reminders & motivation delivered to your inbox. 2.1.16 5:00-7:00 PM **BSC Concourse & Blue Bean** A cozy, stress-free escape from the cold. Shake the Winter Blues How is the weather affecting your mental health? 2.8.16 7:00 PM **Blue Bean** Join us for sex trivia with Planned Parenthood. Sexy Trivia Night Prizes awarded to the winning teams! 2.15.16 5:00-7:00 PM Hoover 110 Please pre-register for this workshop on **Escalation Workshop** relationship violence. Free pizza for participants. 7:00 PM 2.22.16 **Blue Bean** Popular love songs performed LIVE with open Love You Like a Love Song discussions about relationships. 5:00-7:00 PM 3.7.16 **BSC Concourse Deceptive Drinks** *Learn more about what's* really *in your drink* & how it could be affecting your health. Spotlight on: Sugar, Caffeine & Water 3.14.16 7:00 PM Hoover 212 **Financial Wellness** Back by popular demand—Prof. Elicker will share tips and resources for your financial wellness. & Other 'Useless Crap' 5:00 PM-7:00 PM 3.21.16 **BSC Concourse** Love Your Selfie *Every body is a model in this year's fashion show!* Join us in the concourse for body positive activities **Fashion Show** & share your selfies with #EtownLoveYourSelfie 4.4.16 5:00 PM-7:00 PM **BSC Concourse Consent Conversations** Enjoy a cup of tea and join us for discussion of the

Sexual Assault Awareness Month	blog post "Consent—not actually that complicated."
4.11.16 12:00 PM-5:00 PM	Kav
Free & Confidential STI Testing Get Yourself Talking—Get Yourself Tested	Stop by The WELL to make an appointment. Limited walk-in slots will be available.
4.18.16 5:00 PM-7:00 PM	BSC Concourse
Blue Jays Flock Together	FREE T-SHIRTS! What's your safe weekend pledge?
4.25.16 *Time TBA	Library
Stress Buster	Take a break & take care of yourself before finals!



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