### February
- **8 Mon**
  - K.I.S.S.
    - 2 pm - 3 pm
- **10 Wed**
  - Healthy Relationships
    - 1:30 pm - 2:30 pm
  - Back to Basics: Chicken Noodle Soup
    - 11 am - 12:15 pm
  - S’more Sex Stuff
    - 12 pm - 1 pm
- **15 Mon**
  - “Chopped”
    - 12:15 pm - 1:30 pm
- **22 Mon**
  - Body Appreciation Day
    - 12 pm - 3 pm
  - Dieting Dilemma
    - 2 pm - 3 pm
- **23 Tue**
  - Love Every Body
    - 10:30 am - 11:30 am
- **24 Wed**
  - College Survival 101: Gourmet Ramen
    - 1 pm - 2:15 pm
- **26 Fri**
  - Reflecting Images
    - 2 pm - 3 pm

### March
- **1 Tue**
  - Real Talk: Body Image (Pt. 1)
    - 3 pm - 3:45 pm
- **3 Thu**
  - This is How We Roll: Sushi
    - 12 pm - 1:15 pm & 4 pm - 5:15 pm
  - Comfort Classics
    - 12:15 pm - 1:30 pm
  - St. Patrick’s Day Event
    - 10 am - 12 pm
- **8 Tue**
  - Real Talk: Body Image (Pt. 2)
    - 3 pm - 3:45 pm
  - Balanced Bites
    - 10 am - 2 pm
- **9 Wed**
  - Real Talk: Body Image (Pt. 3)
    - 3 pm - 3:45 pm
  - Buon Appetito!
    - 1 pm - 2:15 pm
- **15 Tue**
  - Real Talk: Body Image (Pt. 3)
    - 3 pm - 3:45 pm
- **16 Wed**
  - Hydration Station
    - 10 pm - 12 am
  - Better-Than-Takeout Pad Thai
    - 4 pm - 5:15 pm
- **21 Mon**
  - Safer Spring Break
    - 10 am - 12 pm
- **22 Tue**
  - Party Classy
    - 1 pm - 2 pm
  - Real Talk: Body Image (Pt. 4)
    - 3 pm - 3:45 pm
- **23 Wed**
  - So You Think You Can Throw a Party...
    - 10 am - 11 am
  - Better-Than-Takeout Pad Thai
    - 11 am - 12:15 pm
- **24 Tue**
  - Real Talk: Body Image (Pt. 4)
    - 3 pm - 3:45 pm
  - Mac ‘N’ Cheese Please
    - 1 pm - 2:15 pm
- **28 Thu**
  - Take Back The Night Tabling
    - 11 am - 2 pm
  - Take Back The Night
    - 11 am - 9 pm

### April
- **4 Mon**
  - Recess - Come Play!
    - 9:30 am - 12 pm
  - Spice Up Your Life: Curry Creation
    - 12:15 pm - 1:30 pm
  - Real Talk: Body Image (Pt. 1)
    - 4 pm - 4:45 pm
- **11 Mon**
  - Real Talk: Body Image (Pt. 2)
    - 4 pm - 4:45 pm
- **13 Wed**
  - Mac ‘N’ Cheese Please
    - 1 pm - 2:15 pm
- **18 Mon**
  - Real Talk: Body Image (Pt. 3)
    - 4 pm - 4:45 pm
- **21 Thu**
  - 15-Minute Chicken Adobo
    - 11 am - 12:15 pm & 4 pm - 5:15 pm
- **25 Mon**
  - Korean Bulgogi Sliders
    - 12:15 pm - 1:30 pm
  - Empowered Bystander
    - 1:30 pm - 2:30 pm
  - Real Talk: Body Image (Pt. 4)
    - 4 pm - 4:45 pm
- **26 Tue**
  - Free HIV Testing
    - 10 am - 2 pm
  - HIV Speaker
    - 4 pm - 5 pm
- **27 Wed**
  - Take Back The Night Tabling
    - 11 am - 2 pm
  - Healthy Relationships
    - 12:30 pm - 1:30 pm
- **28 Thu**
  - Take Back The Night
    - 11 am - 9 pm

### May
- **4 Wed**
  - Mas Mexicali
    - 1 pm - 2:15 pm
- **9 Mon**
  - Relaxi Taxi
    - 9:30 am - 12 pm
  - Chillax
    - 12 pm - 1 pm
- **12 Thu**
  - Adder-Nah: The Truth About Adderall
    - 10 am - 2 pm
  - Finals Week Wellness Events
    - Times vary

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Please register online through EVENTS.SJSU.EDU

Please be on time as latecomers will not be admitted. Workshops with low registration may be cancelled.

For more information, visit Wellness and Health Promotion in SWC Rm 101, or give us a call at: (408) 924-6204. www.sjsu.edu/wellness www.facebook.com/sjsuphe
Arts & Crafts
- Join us on the **SECOND TUESDAY** of every month to craft!
- Location: SWC Wellness Lounge
- 10:00am to 2:00pm
- Monthly Themes
  - Feb. 9: Valentine’s Day
  - Mar. 8: Shamrock
  - Apr. 12: Earth Day
  - May 10: Grad/ Mother’s Day

Throwback Thursday Marathons
- Join us **EVERY THURSDAY** to watch your favorite throwback TV shows!
- Location: SWC Wellness Lounge
- 10:00am to 4:00pm
- Monthly TV Schedule
  - February: “Friends”
  - March: “Gilmore Girls”
  - April: “How I Met Your Mother”
  - May: “The Office”

Southside “Cafe”
- Join us on the **THIRD TUESDAY** to enjoy some coffee and healthy chats!
- Location: SWC South Terrace (Across from Sweeney Hall)
- 12:00pm to 1:00pm
- Come by and ask our monthly guests any questions you may have
  - Feb. 16: Dietitian
  - Mar. 15: Sexpert
  - Apr. 19: Successpert

Biofeedback Labs
- Check out our new advanced biofeedback software to learn breathing methods to help reduce stress!
- Location: SWC 101B
- By appointment or drop-in:
  - Apr. 6: 12:00pm to 4:00pm
  - Apr. 12: 10:00am to 2:00pm
  - Apr. 13: 12:00pm to 4:00pm
  - Apr. 19: 10:00am to 2:00pm
  - Apr. 20: 12:00pm to 4:00pm
  - Apr. 26: 10:00am to 2:00pm
  - Apr. 27: 12:00pm to 4:00pm
  - May 3: 10:00am to 2:00pm
  - May 4: 12:00pm to 4:00pm
  - May 10: 10:00am to 2:00pm
  - May 11: 12:00pm to 4:00pm

But Wait, There’s More...
We offer a variety of activities on the **FOURTH TUESDAY** of the month!

- **Video Games**
  - Feb. 23: Play video games in the lounge 12pm to 4pm

- **Jam Session**
  - Mar. 22: Jam out during UkelelePLUS activity 12pm to 1pm

- **Tea Appreciation**
  - Apr. 26: Drink tea and learn about its benefits 12pm to 1pm

Food for Thought
- Stop by in the afternoon for bagels and more to fuel your brain!
  - *The Wellness Lounge also hosts a food shelf*

Condom Co-op
- Receive four free items daily with your student ID

Massage Chair
- Make an appointment for a 15 minute massage

Questions?
Contact WHP at: (408) 924-6204.
www.sjsu.edu/wellness
www.facebook.com/sjsuphe