

SPRING 2025

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 an accommodation, please contact Campus Recreation at rec@uwyo.edu or 307-766-3428

JANUARY

Programs & Events	Date(s)	Day(s)	Time(s)	Location
Mental Health First Aid Training	January 15th & 16th	Wednesday & Thursday	9:00am - 12:30pm (both days)	HA 115
Mental Health First Aid Training	January 25th	Saturday	9:00am - 4:00pm	HA 115

FEBRUARY

Programs & Events	Date(s)	Day(s)	Time(s)	Location
Calligraphy with Kevin	February 3rd	Monday	4:00 - 5:00pm	HA 115
Time Management Workshop	February 3rd	Monday	5:00 - 6:00pm	HA 119
Mental Health First Aid Training	February 4th & 6th	Tuesday & Thursday	9:00am - 12:30pm (both days)	HA 115
Sleep Workshop	February 5th	Wednesday	12:00 - 1:00pm	HA 115
Body Composition Testing	February 5th	Wednesday	3:30 - 5:00pm	HA 107
Find Your Wy"OM"ing: Mindfulness Workshop	February 10th	Monday	10:00am - 12:00pm	HA 117
Puppy Playdate	February 13th	Thursday	5:00 - 5:45pm	HA 115
Mental Health First Aid Training	February 17th	Monday	9:00am - 4:00pm	TBD
Self Love & Happiness Workshop Series	February 24th, March 3rd, March 10th, March 17th	Mondays	3:30 - 5:00pm	Knight 341

MARCH

Programs & Events	Date(s)	Day(s)	Time(s)	Location
Calligraphy with Kevin	March 3rd	Monday	4:00 - 5:00pm	HA 115
Time Management Workshop	March 5th	Wednesday	1:00 - 2:00pm	HA 119
Body Composition Testing	March 5th	Wednesday	3:30 - 5:00pm	HA 107
Mental Health First Aid Training	March 5th & 6th	Wednesday & Thursday	5:30 - 9:00pm (both days)	HA 115
Find Your Wy"OM"ing: Mindfulness Workshop	March 6th	Thursday	4:00 - 6:00pm	Law 117
Sleep Workshop	March 10th	Monday	4:00 - 5:00pm	HA 115
Puppy Playdate	March 13th	Thursday	5:00 - 5:45pm	HA 115
Mental Health First Aid Training	March 29th	Saturday	9:00am - 4:00pm	TBD

APRIL				
Programs & Events	Date(s)	Day(s)	Time(s)	Location
Body Composition Testing	April 2nd	Wednesday	3:30 – 5:00pm	HA 107
Time Management Workshop	April 4th	Friday	12:00 – 1:00pm	HA 119
Calligraphy with Kevin	April 7th	Monday	4:00 – 5:00pm	HA 115
Mental Health First Aid Training	April 8th & 10th	Tuesday & Thursday	1:00 – 4:30pm (both days)	HA 115
Puppy Playdate	April 10th	Thursday	5:00 – 5:45pm	HA 115
Sleep Workshop	April 16th	Wednesday	2:00 – 3:00pm	Coe 218
Find Your Wy"OM"ing: Mindfulness Workshop	April 16th	Wednesday	10:00am – 12:00pm	HA 117
Mental Health First Aid Training	April 18th	Friday	9:00am – 4:00pm	HA 115

MAY				
Programs & Events	Date(s)	Day(s)	Time(s)	Location
Mental Health First Aid Training	May 3rd	Saturday	9:00am – 4:00pm	HA 115
Calligraphy with Kevin	May 5th	Monday	4:00 – 5:00pm	HA 115
Body Composition Testing	May 7th	Wednesday	3:30 – 5:00pm	HA 107
Puppy Playdate	May 8th	Thursday	5:00 – 5:45pm	HA 115
Find Your Wy"OM"ing: Mindfulness Workshop	May 13th	Tuesday	11:00am – 1:00pm	Coe 218
Mental Health First Aid Training	May 20th & 21st	Tuesday & Wednesday	9:00am – 12:30pm (both days)	HA 115

ADDITIONAL PROGRAMS, EVENTS, & SERVICES			
Programs & Events	Day(s)	Time(s)	Location
Massage Chairs ●	Monday – Friday	9:00am – 5:00pm Appointment Required	HA 107
RelaxSpace Wellness Pod ●	Monday – Friday	9:00am – 5:00pm Appointment Required	HA 107
Athletic Training ●	Monday – Friday	9:00am – 5:00pm Appointment Required	HA 107
CryoLounge Chair ●	Monday – Friday	9:00am – 5:00pm Appointment Required	HA 107
NormaTec ●	Monday – Friday	9:00am – 5:00pm Appointment Required	HA 107
Drop-in Meditation	Thursdays	12:15 – 12:45pm	HA 107 Zen Den
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
Zen Den Relaxation Lounge	Monday – Friday	9:00am – 5:00pm	HA 107
Bird Watching	Monday – Friday	9:00am – 5:00pm	HA 107

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!



UNIVERSITY
OF WYOMING

Campus Recreation
Wellness Center

QUESTIONS? CONTACT US!

Half Acre Recreation & Wellness Center
Room 107
(307) 766-WELL
wellness@uwyo.edu