

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 receuwyo.edu or 307-766-3428

JANUARY								
Programs & Events	Date(s)		Day(s)	Time(s)	Location			
Mental Health First Aid Training	January 15th & 16th	& 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				
ΜΑΥ								
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	lst 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					

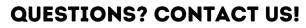
Unless noted otherwise, all events and programs are open to all students, staff, faculty, and UW community members and will be held in the Wellness Center.

- * 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!



Campus Recreation Wellness Center



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