Health Promotion and Wellness
Spring 2021
Events Calendar

Wellness on Wheels
Kennesaw

Wellness on Wheels
Marietta

Body Image
Wed. Feb. 10
2-4 pm
Marietta Student Center

Sleep Hygiene
Tues. Mar. 16,
10 am-12 pm
Atrium (J) Building

Stress & Anxiety
Thurs. Apr. 22,
11 am-1 pm
Stingers Walkway

Body Image
 Tues. Feb. 23,
11am-1 pm
Social Science Lobby

Sleep Hygiene
Thurs. Mar. 25,
1-3 pm
Campus Green

Stress & Anxiety
Wed. Apr. 14,
2-4 pm
Prillaman Hall Lobby

Events subject to change. Please check our website or Owl Life for up to date locations.

Condom Concierge
Scan the QR code to order free sexual health supplies!

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Wellness Events

Community Campfire
Jan. 11
2-4pm
Plaza in front of Outdoor Adventures

Love Languages
Mon. Feb. 15-19
Check back for more details

Love Your Body Week
Feb. 22-26
See the special event sheet for full list of events.

Safe Spring Break
Thurs. Mar. 4

Earth Day
Thurs. Apr. 22
Check back for more details

Recipe Tastings

Samples of the featured recipe will be given out on the Kennesaw Campus Green (unless otherwise stated below) while supplies last.
Subject to change.

Where Have You BEAN All My Life?
Red Beans & Rice
Wed. Feb. 10
12:00 pm
Thur. Feb. 11
12:00 pm

Hello Cupcake!
Red Velvet Cupcakes
Wed. Feb. 24
12 pm

Marietta Student Center

Wok This Way!
Ramen Chow Mein
Wed. Mar. 17
12 pm
Thurs. Mar. 18
12 pm

Ask the RD
The Great Produce Challenge
Tues. Mar. 2
12-2 pm
Kennesaw Campus in front of the Commons

Thurs. Mar. 4
12-2 pm
Marietta Campus in front of Stingers

Cool Bean Sliders
Black Bean Sliders
Wed. Mar. 31
12 pm
Thur. April 1
12 pm

Kale Yeah!
Smoothies
Kale Pineapple Banana Smoothie
Wed. Apr. 14
12 pm
Thur. Apr. 15
12 pm

For additional information:
*Student Recreation and Activities Center, Suite 1200
wellness.kennesaw.edu
wellctr@kennesaw.edu
470-578-6394

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