

# FEBRUARY EVENTS

## SCAVENGER HUNT

**1**

Monday

Prize For **E**  
The Winner

1:30 p.m.  
Fred Shaw Plaza

## HIV/STD TESTING

**2**

Tuesday

Free Testing **W**

9 a.m. - 3:30 p.m.  
Koffee House

## FREE YOGA **W**

All Levels Welcome

3 - 4 p.m.  
Room G208

## FREE MEDITATION

**3**

Wednesday

Relaxation **W**  
Techniques

5:50 - 6:50 p.m.  
Room G303

## GENERAL ASSEMBLY

**4**

Thursday

3:30 - 4:30 p.m.  
Student Life 103

## FIRST FRIDAY: FRAPPES **E**

**5**

Friday

Free Frappuccino's

9 a.m.  
Shark Tank

## FREE YOGA

**9**

Tuesday

All Levels **W**  
Welcome

3 - 4 p.m.  
Room G208

## GAME DAY WITH CAB **E**

**10**

Wednesday

Free Food Free Games

Noon - 1:15 p.m.  
Room K413

## FREE MEDITATION **W**

Stress Reduction

5:50 - 6:50 p.m.  
Room G303

## MASQUERADE BALL **E**

**11**

Thursday

An Elegant  
Pre-Valentine's  
Celebration

6 - 9 p.m.  
Room R402/R403



**W** **Wellness**-Maintain balanced lives through life coping skill enhancement

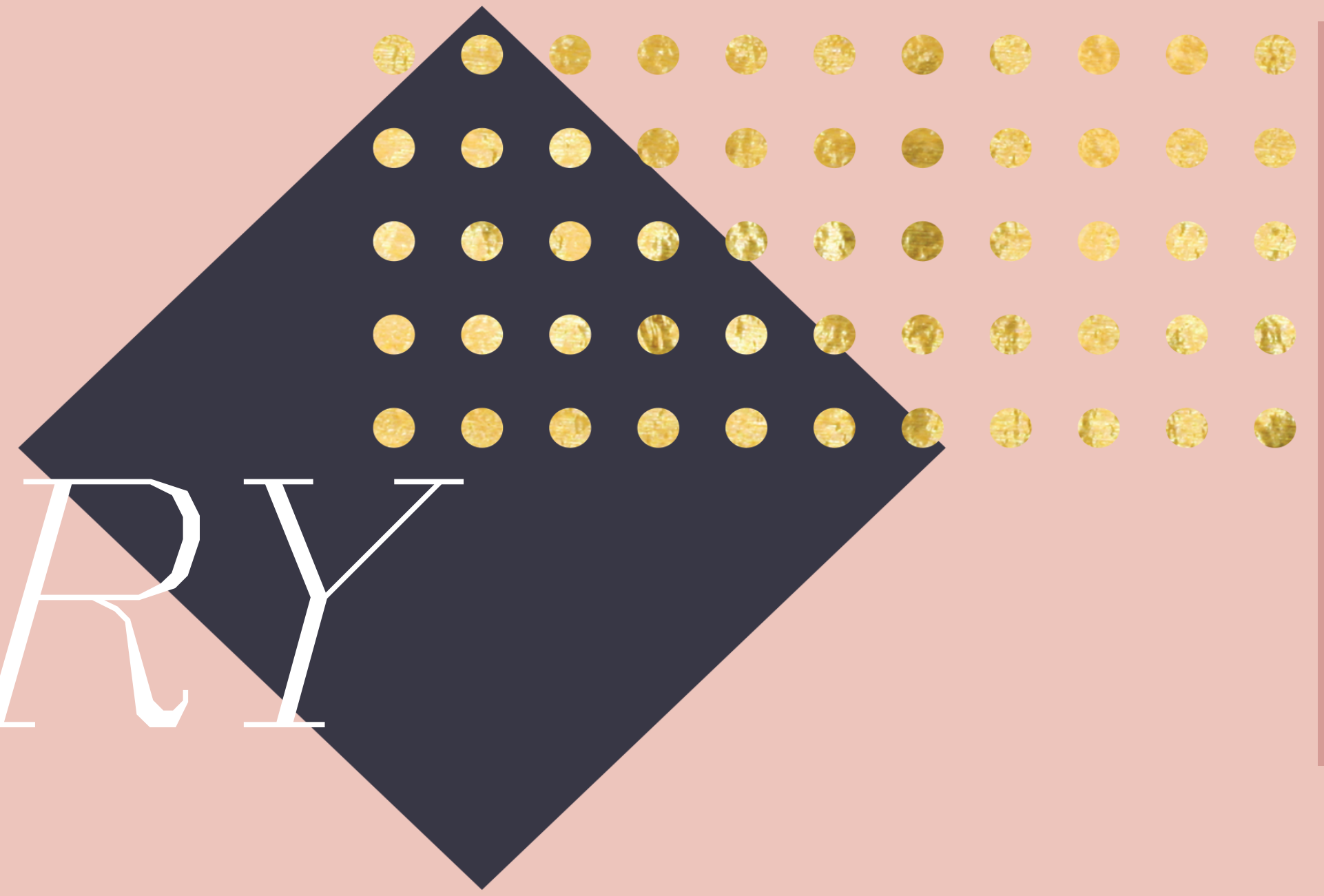
**L/S** **Leadership/Service**-Develop creative thinking skills and ethical decision making

**I** **Inclusion**-Explore identity and increase understanding

**E** **Engagement**- Establish healthy, mutually beneficial relationships and connect with the MDC community



# FEBRUARY



## EVENTS

### SPIRIT WEEK: TWIN DAY **E**

Photo Booth  
& Activities

10 a.m. - 1 p.m.  
Shark Tank &  
Building 2 Breezeway

### BOOT CAMP **W**

Group  
Personal Training  
Noon - 1 p.m.  
Student Life

### FREE YOGA **W**

All Levels Welcome  
3 - 4 p.m.  
Room G208

### SPIRIT WEEK: **E** MDC SPIRIT DAY

Pride Day &  
Interactive Events

Noon - 1:15 p.m.  
Fred Shaw Plaza

### FREE MEDITATION **W**

Increased  
Self Awareness  
5:50 - 6:50 p.m.  
Room G303

**16**

Tuesday

### BOOTCAMP **W**

Group  
Personal Training

Noon - 1 p.m.  
Student Life

### SPIRIT WEEK: **E** THROWBACK 90'S DAY

90's Cartoons  
& Karaoke

11:30 a.m. - 1:30 p.m.  
Cafeteria

### GENERAL ASSEMBLY

3:30 - 4:30 p.m.  
Room R402

### SPIRIT WEEK: **E** SPORTS DAY

Wear Your  
Favorite Jersey  
Fred Shaw Plaza

### SPIRIT WEEK: **E** FEILD DAY

Group Sports Day  
Noon - 2 p.m.  
Soccer Feild

**17**

Wednesday

**18**

Thursday

### BOOT CAMP **W**

Group  
Personal Training

Noon - 1 p.m.  
Student Life

### FREE YOGA **W**

All Levels Welcome  
3 - 4 p.m.  
Room G208

### KICKBALL TOURNAMENT

4:30 - 6 p.m. **W**  
Soccer Feild

**19**

Friday

### CAB PRESENTS: OPEN MIC **E**

Show Case Your Talent!  
Noon - 1:15 p.m.  
Shark Tank

### FREE MEDITATION **W**

All Levels Welcome  
5:50 - 6:50 p.m.  
Room G303

**23**

Tuesday

**24**

Wednesday

**25**

Thursday

### BOOTCAMP **W**

Group  
Personal Training  
Noon - 1 p.m.  
Student Life

## SPIRIT WEEK!



**W** **Wellness**-Maintain balanced lives through life coping skill enhancement

**L/S** **Leadership/Service**-Develop creative thinking skills and ethical decision making

**I** **Inclusion**-Explore identity and increase understanding

**E** **Engagement**- Establish healthy, mutually beneficial relationships and connect with the MDC community