

# 2025 Week of Wellness

## From Brain Gains to Bull Strength **March 31- April 4**

Join us for USF's Week of Wellness. We're putting mind, body, and balance front and center! From stress relief to self-care, movement to mindfulness, this week is all about helping Bulls thrive—inside and outside the classroom.

<b>MON</b> <b>MARCH</b> 31	Kick Off the Week with Pizza	<ul style="list-style-type: none"><li>- <b>CONSENT &amp; SEXUAL HEALTH • 11am - 2pm</b> Lawn between Recreational Center (REC) and Student Health &amp; Wellness Center (SWC)</li><li>- <b>FREE STI TESTING (By Appointment Only at <a href="https://usf.edu/gyt">usf.edu/gyt</a>) • 10am - 4pm</b> Student Health &amp; Wellness Center (SWC)   Room 180</li></ul>
<b>TUE</b> <b>APRIL</b> 1	Walking Tacos Tuesday	<ul style="list-style-type: none"><li>- <b>EXERCISE, RECOVERY, &amp; NUTRITION • 11am - 2pm</b> Lawn between Recreational Center (REC) and Student Health &amp; Wellness Center (SWC)</li><li>- <b>FREE STI TESTING (By Appointment Only at <a href="https://usf.edu/gyt">usf.edu/gyt</a>) • 10am - 4pm</b> Student Health &amp; Wellness Center (SWC)   Room 180</li><li>- <b>MEDITATION AND MOCK-TAILS • 4 - 6pm</b> Martin Luther King (MLK) Fountain</li></ul>
<b>WED</b> <b>APRIL</b> 2	Jimmy John's Sandwiches	<ul style="list-style-type: none"><li>- <b>MENTAL HEALTH &amp; EMOTIONAL WELLBEING • 11am - 2pm</b> Lawn between Recreational Center (REC) and Student Health &amp; Wellness Center (SWC)</li><li>- <b>FREE STI TESTING (By Appointment Only at <a href="https://usf.edu/gyt">usf.edu/gyt</a>) • 10am - 4pm</b> Student Health &amp; Wellness Center (SWC)   Room 180</li><li>- <b>EMPOWER LAUNCH • 11am - 2pm</b> Marshall Student Center (MSC) Amphitheater</li></ul>
<b>THU</b> <b>APRIL</b> 3	Food Truck	<ul style="list-style-type: none"><li>- <b>WELLNESS WONDERLAND RESOURCE SHOWCASE • 11am - 2pm</b> Lawn between Recreational Center (REC) and Student Health &amp; Wellness Center (SWC)</li><li>- <b>SUICIDE PREVENTION TRAINING • 9:30am - 12pm</b> Student Services (SVC) 1031</li><li>- <b>FREE STI TESTING (By Appointment Only at <a href="https://usf.edu/gyt">usf.edu/gyt</a>) • 10am - 4pm</b> Student Health &amp; Wellness Center (SWC)   Room 180</li><li>- <b>SWELLNESS WORKSHOP: ProscasTENation • 2pm - 3pm</b> → Ten strategies to address procrastination. Online via BullsConnect</li></ul>
<b>FRI</b> <b>APRIL</b> 4	Jeremiah's Italian Ice	<ul style="list-style-type: none"><li>- <b>FREE STI TESTING (By Appointment Only at <a href="https://usf.edu/gyt">usf.edu/gyt</a>) • 8:30am - 4:30pm</b> Student Health &amp; Wellness Center (SWC)   Room 180</li></ul>



For reasonable accommodations, contact Susanna Perez at [susanna@usf.edu](mailto:susanna@usf.edu).

Week of Wellness is a collaborative effort of the Student Health & Wellness Center, Center for Student Well-Being, Counseling Center, Recreation and Wellness, Center for Victim Advocacy & Violence Prevention, and Student Government.



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