PAJAMA PARTY
TUESDAY, 9/16, ABER HALL @ 8:00 PM

Does counting sheep leave you woolly in the morning? Is caffeine coursing through your veins necessary to form simple sentences in the AM? You may be in college, but you don’t have to stumble through your days like a Red Bull addicted zombie! Discover secrets of sensational sleep and reap rewards of an energy-filled life.

**Blankets and pillows optional- fuzzy bunny slippers encouraged.**

BOTTLE TOP BINGO
WEDNESDAY, 10/1, JESSE HALL @ 8:00 PM

That’s right. Boozy Bingo that gives you an education on how to avoid: getting naked-wasted, the walk of shame, hooking up with someone you wouldn’t sober, throwing your phone in danger (drunk anger), blacking out, throwing up on your crush, trashy fights where you slur your words, and so many more. We’ll help you party safe to avoid regrets...

I WANNA SEX YOU UP
TUESDAY, 10/14, CRAIG HALL @ 8:00 PM

Come inside, take off your coat... and talk about sex!
No matter your gender, orientation, or relationship status, this sex-positive program is guaranteed to light your fire. You’ll probably even learn a thing or two!

BODY LOVE
THURSDAY, 11/13, TURNER HALL @ 8:00 PM

John Mayer says “your body is a wonderland,” and we agree! This bodylicious evening has you look through the history of human beauty, examine our photoshopped popular culture, and figure out what really makes us attracted to each other. BAM!
Beer Goggles
Monday & Tuesday, 9/8 & 9/9 U.C. 7:00 PM
Take your beer goggles off for this multi-media documentary on UM students. Get real facts from real students on sex, alcohol, and ways to stay safe if you choose to party. Stick around for raffle prizes from UM at the end of the movie!

Weigh to Go UM
Monday, 9/22, Time & Place TBA
UM’s the Biggest Loser! $30 will give you the tools for more energy, a trimmer waistline, and techniques to keep the weight off. This eight-week program has private team work-outs, optimal bear wellness coaching, and opportunities to win FitBits and other prizes!

Health Fair
Thursday, 11/20, U.C. 10 AM – 2 PM
FREE student screenings for blood pressure, blood glucose, body fat, bone density, and lung function.
Free help quitting tobacco to celebrate the Great American Smokeout, a national day to make plans to quit!

Stress Less
Tuesday & Wednesday, 12/2 & 12/3, U.C. 10 AM – 2 PM
FREE for students to beat the finals week fatigue! Chair massages, therapy dogs for petting, give-aways, aromatherapy, crafty projects, photo-booth, and more! Check it out- it’s for you!

Curry Health Center Wellness is home to award-winning programs for students like Condom Access for Responsible Encounters/Condom Corner, Optimal Bear Wellness Coaching, Health Nut Online Magazine, Missoula County Designated Driver Program, Tobacco Quit Kits, Peers Reaching Out (PROs), and more. Swing by to see how we can help you! East Entrance of Curry Health Center, upstairs to the right.