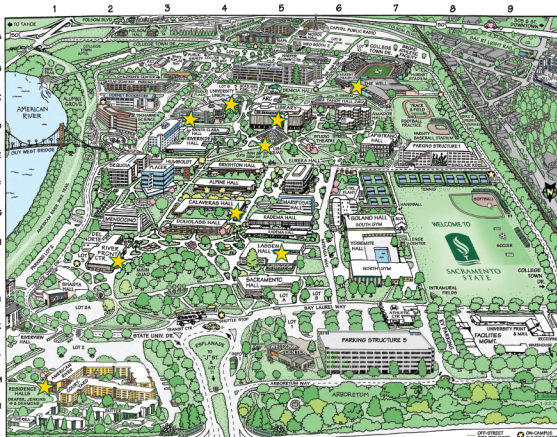




HORNET WELLNESS WEEK 2023



NAME:

STUDENT ID:

DIRECTIONS

- Visit at least 6 locations around campus and obtain six (6) stamps to be entered in our giveaway!
- Turn in completed card in-person at the Wellness office, Room 1031 in the WELL by Monday, September 25th by 5pm.
- Take a selfie at one location, tag @shcwssacstate and the location's IG and receive an extra entry in our giveaway.



SACRAMENTO STATE



@SHCWSSACSTATE

PARTICIPATING LOCATIONS

COLLECT YOUR STAMPS BETWEEN SEPT. 18–22, 2023

DISABILITY ACCESS CENTER

LASSEN HALL, ROOM 1008

• 8AM–5PM

DISABILITY CULTURAL CENTER

AIRC, ROOM 2011

• 8AM–5PM

STUDENT HEALTH, COUNSELING, & WELLNESS SERVICES—PHARMACY

THE WELL, 1ST FLOOR (NEAR URGENT CARE)

• 8AM–5PM (MON–THURS)
• 9:30AM–4:30PM (FRI)

PRIDE CENTER

UNIVERSITY UNION, 1ST FLOOR

• 8AM–5PM

RELAXATION STATION

UNIVERSITY UNION, 3RD FLOOR

• 8AM–7:30PM (MON–THURS)
• 8AM–3PM (FRI)

PEAK ADVENTURES

UNIVERSITY UNION

• 8AM–5PM

SERNA CENTER

RIVER FRONT CENTER 1

• 8AM–5PM

MLK CENTER

LASSEN HALL, ROOM 2201

• 9AM–5PM

'ESAK'TIMA CENTER

LASSEN HALL, ROOM 2205

• 9AM–4:30PM

APIDA CENTER

LASSEN HALL, ROOM 2200

• 9AM–5PM

OFFICE FOR EQUAL OPPORTUNITY

DEL NORTE HALL, ROOM 2005

• 8AM–5PM

UNIVERSITY UNION INFORMATION DESK

UNIVERSITY UNION, 1ST FLOOR

• 6:30AM–10:30PM (MON–THURS)
• 6:30AM–8:30PM (FRI)

DINING COMMONS

DINING COMMONS—THE SERVERY

• 7:30AM–9PM

DREAMER RESOURCE CENTER

RIVER FRONT CENTER 1

• 8AM–5PM

THE READING & WRITING CENTER

CALAVERAS HALL, ROOM 128

• 10AM–5PM (MON–THURS)

CENTER FOR MATH AND SCIENCE SUCCESS

SEQUOIA HALL, ROOM 320

• 10AM–3PM

CAREER CENTER

LASSEN HALL, ROOM 1013

• 8AM–5PM

STUDENT HEALTH, COUNSELING, & WELLNESS SERVICES—HEALTH AND WELLNESS OFFICE

THE WELL, 1ST FLOOR, ROOM 1031

• 8AM–5PM (MON–THURS)
• 9:30AM–4:30PM (FRI)

ASI STUDENT ENGAGEMENT OFFICE

UNIVERSITY UNION, 1ST FLOOR

• 9AM–5PM (MON/TUES/THURS/FRI)
• 10:30AM–6:30PM (WED)

GAMES ROOM

UNIVERSITY UNION, 1ST FLOOR

• 9AM–9:30PM (MON–THURS)
• 9AM–8PM (FRI)

WELL ENGAGEMENT OFFICE

THE WELL, 1ST FLOOR

• 6AM–MIDNIGHT (MON–THURS)
• 6AM–10PM (FRI)

MULTI-CULTURAL CENTER

LIBRARY BREEZEWAY

• 8AM–5PM

WOMEN'S RESOURCE CENTER

UNIVERSITY UNION, 2ND FLOOR

• 8AM–5PM

PARC (PEER ACADEMIC RESOURCE CENTER)

LIBRARY, ROOM 4026

• 9AM–5PM

PARENTS AND FAMILIES PROGRAM

WOMEN'S RESOURCE CENTER

• 8AM–5PM



Stamp Card Prizes*—iPad mini, Sac State Blanket (x2), Sac State T-shirt and Hat (x2), Apple Watch (*6 total prizes). The first 500 to turn in a stamp card will receive a cinch-backpack.



SACRAMENTO STATE