

WELLNESS MONTH

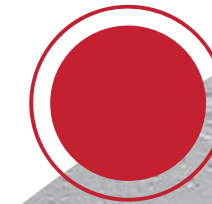
MENTAL
NUTRITIONAL
PHYSICAL
SOCIAL

WELLNESS
— MONTH —



What was the goal of Wellness Month 2025?

Our goal was to promote 4 facets of Wellness, including Mental, Physical, Nutritional, and Social Wellness. We did this by hosting 4 event days and 2 All Month Long Events. Our goal with these 4 event days was to partner an already successful event with something a little smaller to showcase more than 1 facet each week.





Massage Day & Bracelet Making

Tuesday May 6, 2025 12PM-4PM Wacheno Mall & Clubs Room

Massages

We hired Body Bunch Massage, a long time partner of ASG, to do 20 minute chair massages for 4 hours with 4 therapists. This allowed us the chance to serve 44 students or staff with massages.

Bracelet Making

Outside in the Mall, we had a bracelet making session, allowing students to take a mental break but also explore in social wellness with other students.

What Facet?

Mental Wellness, Physical Wellness & Social Wellness



Harvest Your Own Salad & Take a Game Break

Thursday May 15, 2025
11:30AM-1:30PM Clairmont Courtyard

Harvest Your Own Salad

For this first time, we partnered with the Horticultural Club to create an event that focuses on our Nutritional health. They grew amazing “Salad Bowls” and we put together salads with the things you loved most.

Take a Game Break

NAMI Club has been partnering with the MCC for this Take a Game Break event every term, and this time they partnered with us in hopes of bringing more fun and physical activity to this event.

What Facet?

Nutritional Wellness, Physical
Wellness, & Social Wellness





Wellness Activities Fair

Tuesday May 20, 2025
10AM-2PM Wacheno Mall



This event was meant to be our cornerstone event, where we bring a little bit of all the facets together while coordinating with the clubs and resources of CCC



Clubs and resources were asked to come up with activities that focused on 1 of the 4 facets of Wellness we are featuring and we got some fun things. Highlights include: Puppy Therapy, art projects, Nutrition Jeopardy, and a car bash.



We were meant to have a dunk tank but the weatherman advised there was a high chance of rain so we had to cancel.

What Facet?

All Facets were focused on during this event!



2nd Annual Dodgeball Tournament

Thursday May 29, 2025
2:30PM-5:30PM Randall Gym

Players

Our second annual Dodgeball tournament, we had 20 players sign up to play, 10 students and 10 staff.

Games

We did this tournament a little different than last year and we did a round robin style to determine your place in the bracket play games. This allowed for more games being played.

What Facet?

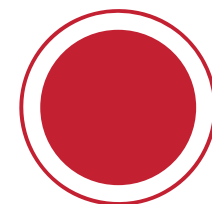
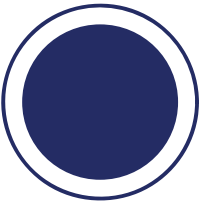
Physical Wellness & Social Wellness





Wellness Recipe Collection

The goal of this event was to collect healthy recipes and send out a Wellness Kitchen Recipe book. We unfortunately did not have any submissions this year.





Wellness Step Challenge

We challenged the students and staff of CCC to see who could get the most steps in May! With a total of 1,084,784 steps submitted.



187,962 Steps

Josiah Caceres



177,215 Steps

Alicia Urline



176,379 Steps

Natalie Burroughs

Heidy Mendoza

Participation Winner



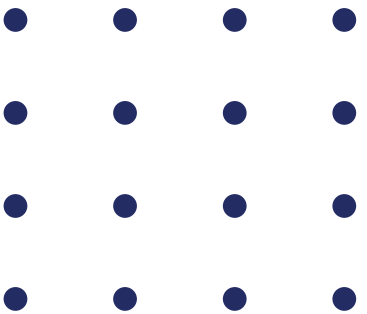
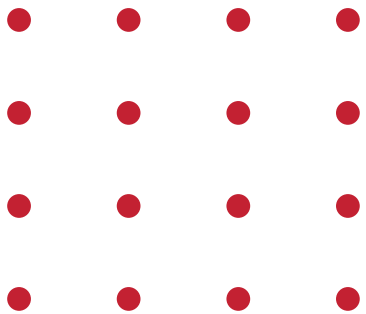
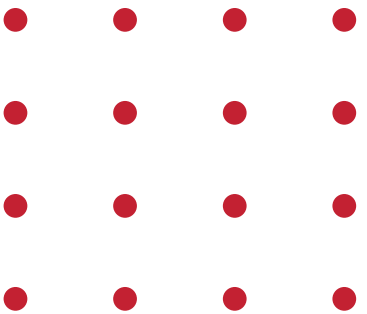
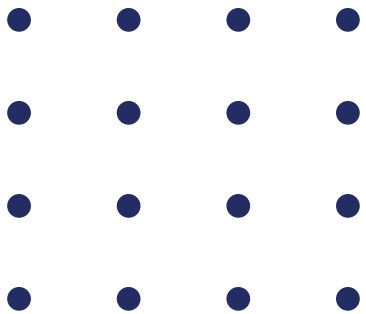


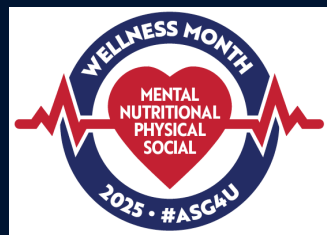
More Photos from the Events!



*Mental. Social. Physical.
Nutritional Wellness*







What went well?

- Massages were a hit
- Wellness Activities Fair was well received
- Dodgeball was a huge hit
- Students really loved the events that were going on
- Wellness on the Move had less participants than last year but we had more steps!





Ways to Improve Next Year



- More Promotion for all events
- Talk to students in classrooms about events going on
- Food at EVERYevent
- Either remove the Recipe Collection event or Promote it way better
- Plan the Wellness Activities Fair as the last event of the month so it is more likely to happen outside with better weather



Special Thanks

Gordon Christianson

Greg Castenada

College Relations and
Marketing Team

Jim Martineau

All the Volunteers for working the
events and supporting Stephani's vision!



RANDALL

THANK YOU