

Wellness Monthly

April is Sexual Assault Awareness  and Prevention Month

**Listen,
Harmonizing
for Hope**
*Entertainment
Cafe, 6pm
April 16th*

**Believe,
Support**
*Union 3314,
4:30pm
April 15th*

**Denim
Day**
*Union 3105,
all day!
April 30th*



Denim Day Details:

Denim Day engages people around the world with a shared purpose, to support survivors and educate themselves and others about all forms of sexual violence. UWL will have an open community room in Student Union 3105 all day with resources, activities, and snacks. ALL are welcome! **To show your support, wear denim on April 30 and join UWL Violence Prevention at the Clocktower from 11:00am – 12:30pm.**

April Is Earth Month!

How can you help?



Learn about environmental issues and help spread awareness. Some current pressing issues include:

- Biodiversity loss
- Air and water pollution
- Climate change
- Deforestation

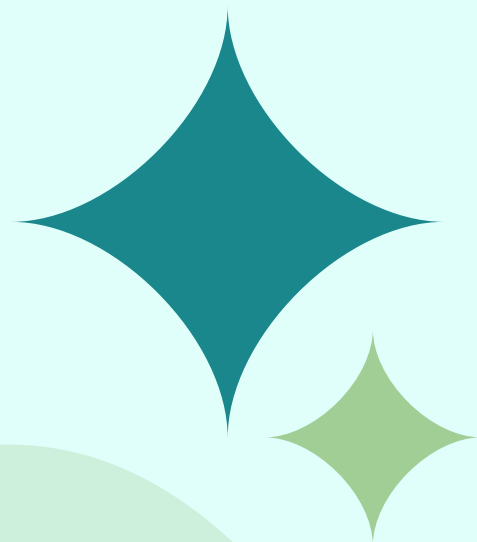


Take up new sustainable practices, they are beneficial no matter how small! Here are a few ideas to get started:

- Walk or bike instead of driving!
- Thrift to reduce overproduction (and save money)
- Use reusable containers, bags, etc!

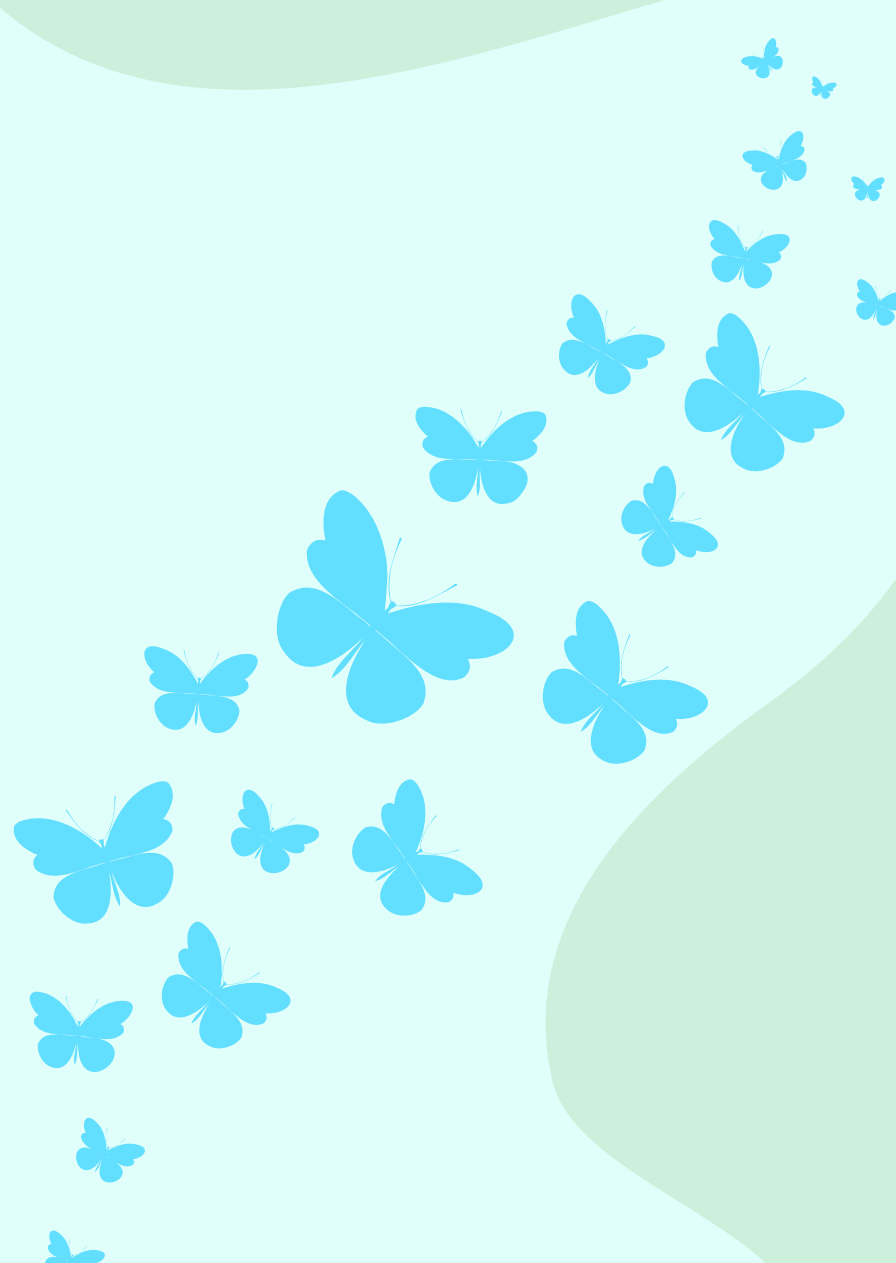


April 22nd is Earth Day, celebrated annually! There are a variety of celebrations and ways to get involved, including **Earthapolooza on April 25 from 3-6pm** here on campus.



April 20-26 is National Volunteer Week!

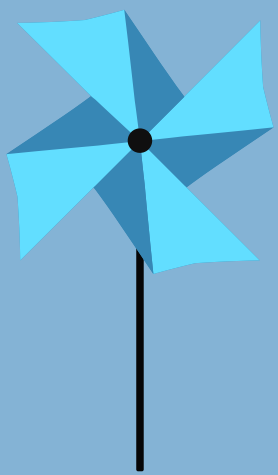
If you're looking for something local to do, consider signing up for Neighbors Day. Neighbors Day is a La Crosse community tradition where volunteers help with spring yard preparations like raking leaves, trimming shrubs, window washing, etc. This year, **Neighbors Day is on April 26th**. You can sign up to volunteer on the Habitat for Humanity of the Greater La Crosse Region website!



In addition to Sexual Assault Awareness Month and Earth Month, April provides an opportunity to highlight other important awareness topics!

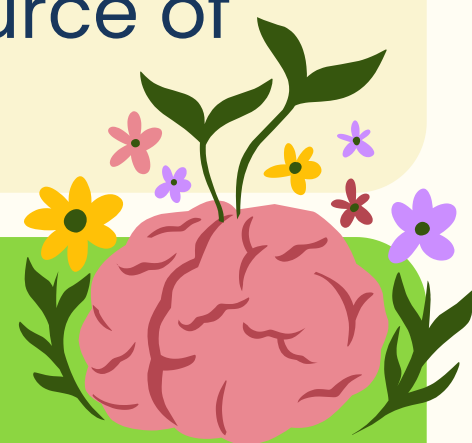
Child Abuse Prevention

Seeking to stop child abuse from occurring by bringing attention to the issue. Working to support families and help build safe environments for children.



Minority Health

Working to bring awareness to and combat health disparities to improve healthcare for racial and ethnic minority communities. Limited access to or lower quality healthcare can be a major source of stress.



Emphasizing HPV-related cancers and tools for prevention! Educating the community about the importance of early detection, vaccinations, herd immunity, and regular check-ups.



HPV Awareness

Working to help people find unity and community. Sharing education about stress management and understanding how stress looks different in each person.

Stress Awareness

Moral of the story? Talking about these issues can help to prevent them!

Resources

STAY CONNECTED

Instagram:

@uwlpeerhealth

Tik Tok:

@bewellatuwl

WELLNESS OFFICE

HOURS

Wednesdays in OMSS

2:30pm-4:30pm

Wellness & Health Advocacy

wellness@uwlax.edu

608-785-8977

Violence Prevention

Instagram: @uwlviolenceprevention

Email: advocate@uwlax.edu

Office of Multicultural Student Services

1101 Centennial, omss@uwlax.edu

Instagram: @uwl_omss

608-785-8225