



WELLNESS MINDSET
Do It for the Well of It

Sexual Assault Awareness Month

The Office of Health Promotion
The Haven
The Office of Compliance and Equity



Empowerment Self- Defense

April 1- 6:30-7:30
Tidewater



Do's & Donuts of Healthy Dating

April 9- 9am-11am
Wellness Center
Lobby



Move to Heal: Empowerment beyond Trauma, Embodying Resilience

April 16- 5:30-7
Wellness Center



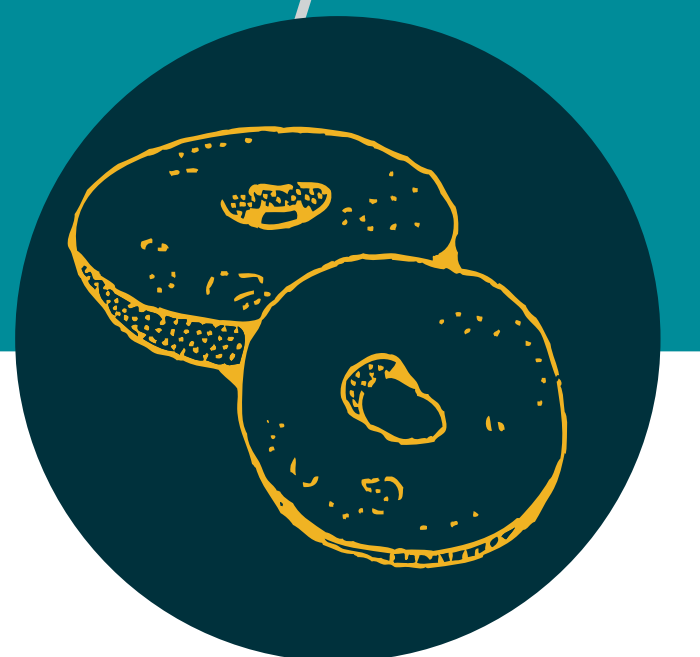
Clothesline Project

April (all month)
Wellness Center



Denim Day

Wear denim in
support of Sexual
Assault Awareness
April 30



Bagels & Boundaries

April 18- 9am-11am
Wellness Center
Lobby



Take Back the Night Banner

Sign the petition and
take a visible sign of
protest against sexual
violence!



Let's Get Consensual Game Night

April 10- 4 PM-6PM
Daily Grind



Yoga

April 27- 4PM-5PM
Wellness Center
Studio A

SAAM programs are inspired by survivors and open to the William and Mary community including students, faculty and staff.

**Every person has a Role in preventing sexual violence.
What Role will you play?**