

# Winter Wellness Day 2026



THURSDAY, FEBRUARY 26TH  
11AM-3PM  
CAMPUS CENTER EVENT ROOM



**CHILL OUT, WARM UP & TAKE CARE!**

## ✨ Event Highlights:

🍲 FREE Lunch & Cozy Hot Cocoa, Coffee & Tea Bar

🧸❄️ Stress Relievers & Winter Wellness Giveaways

☀️ Beat the Winter Blues Station

💡 Winter Health Tips



Special Mental Health Speaker sponsored by  
Stockton Entertainment Team (SET)

2:00 PM

Campus Center Theater

Join us for a conversation with Nick Maccarone, licensed therapist and mental health advocate known for his time on CBS's Big Brother. Nick will share personal experiences and professional insight on mental health, resilience, and the power of self-growth.



**STOCKTON**  
UNIVERSITY

WELLNESS CENTER