



**Kennedy Mountain Campus | Wellness Weekend Schedule**

**Friday-Saturday**

<b>Friday May 10th</b>		
<b>Time</b>	<b>Location</b>	<b>Event</b>
3:30 PM	DU Ritchie Center	Check In
4:00 PM	Buses	Depart DU
6:30 PM	KMC Cabins	Check In at KMC
7:00 PM	Dining Hall	Dinner KMC Welcome and Safety Briefing
8:00 PM - 10:30PM	Locations:	Evening Activity Options:
	Dining Hall	Starts at 8:00 PM Movie Night/Karaoke/Just Dance
	Bucksbaum Outdoor Gateway	8:00 PM –9:00 PM Yoga Session
	Bucksbaum Outdoor Gateway	9:30 – 10:30 PM Recreation Night
	Johnson Campfire Circle	Starts at 8:00 PM Campfire (weather and burn day dependent)
10:30 PM	Cabins	Quiet Hours begin at 11:00 pm
<b>Saturday May 11th</b>		
<b>Time</b>	<b>Location</b>	<b>Event</b>
8:00 AM – 9:00 AM	Dining Hall	Breakfast
9:00 AM – 1:00 PM	KMC Trails	Walking Meditation
	Dining Hall	Heath Promotion Workshop
	KMC Trails	Hiking Fitness
1:00 PM – 2:00 PM	Dining Hall	Lunch
2:00 PM – 2:30 PM	Dining Hall	Closing Session/Reflection
2:30 PM – 3:00 PM	Cabins	Clean and Pack
3:30 PM	Bus Parking Lot	Load Buses and depart for Urban Campus
5:30 PM	DU Main Campus	Arrive at Urban Campus