

# **WARRIOR WELLNESS WEEK 2026**

**FEBRUARY**

**17<sup>TH</sup>:  
PHYSICAL &  
EMOTIONAL**

**18<sup>TH</sup>:  
INTELLECTUAL  
& FINACIAL**

**19<sup>TH</sup>:  
SPIRITUAL**

**20<sup>TH</sup>:  
SOCIAL**



**WARRIOR WELLNESS WEEK IS CELEBRATED AT SDSU TO  
RECOGNIZE THE MANY MILITARY CONNECTED STUDENTS WE  
HAVE AS JACKRABBITS**



**THE WEEK IS COMPRISED OF EVENTS THAT BRING  
TOGETHER STUDENT LEADERS, CAMPUS PARTNERS AND  
COMMUNITY ORGANIZATIONS TO PROMOTE OVERALL  
WELL-BEING**