

WARRIOR WELLNESS WEEK 2026

FEBRUARY

17TH:
PHYSICAL &
EMOTIONAL

18TH:
INTELLECTUAL
& FINACIAL

19TH:
SPIRITUAL

20TH:
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 ORGINIZATIONS TO PROMOTE OVERALL
WELL-BEING

