Wellness Wednesdays

26 AUG

2 SEPT
7 Habits Of Highly Successful Students

9 SEPT
Meatless On Mondays

16 SEPT
Be The Friend They Need

14 OCT
Managing Stress & Anxiety

21 OCT
Alcohol Facts On Tap

23 OCT
Cute Or Creepy

28 OCT
An Essential Guide to Mental Health

30 OCT
Good in Bed? Prove it! Sexy Trivia

7 NOV
Your Life, Your Money

18 NOV
Don’t Be A Zombie

4 DEC
Canine Companions

2 DEC
Think Before You Post

Color Me Calm

Presented By:
Health & Wellness Services
RE Initiative
Student Health & Wellness Advocates
Counseling & Wellness Services
SHAG
FAN Club
HOPE Club