

The Counseling and Testing Center Presents:

TAKING CARE WEEK (#ZipsTakingCare)

www.uakron.edu/counseling

Join us for a week full of activities designed to help you take care of yourself and connect with others.

Mon. 2/23: Taking Care Week Kick-Off

Wellness Fair Student Union, Piano Lounge 11:30am-1:30pm
Learn about University departments that can help you take care of yourself and others.

Tues. 2/24: Taking Care of Yourself Physically

Health Screenings Fair Student Union, Piano Lounge 11:30am-1:30pm
Drop by the Union to gather information on strategies to improve your physical health.

Power Yoga Flow Student Rec and Wellness Center, Studio A 5:15-6pm
An all-levels yoga class to help you relax your body, settle your mind, and connect to your breath.

Wed. 2/25: Taking Care of Yourself Emotionally

Stress Management Fair Student Union, Piano Lounge 11:30am-1:30pm
Relieve some of your stress with multiple relaxing and fun events at the Union.

Self-Care Workshop Student Union 316 1-2pm
Learn self-care strategies that will lead to being a healthier and more successful student.

Thurs. 2/26: Taking Care of Others

Appreciation Fair Student Union, Piano Lounge 11:30am-1:30pm
Show appreciation for others while connecting with therapy dogs.

First Generation Student Workshop Student Union 316 1-2pm
Learn a variety of strategies to excel academically and address your needs.

Fri. 2/27: Taking Care of Your Future Self

Future Self Fair Student Union, Piano Lounge 11:30am-1:30pm
Join us for an information fair on different ideas on how to prepare for your career path and life after graduation.
