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

Mon. 2/21: Taking Care of Others

Get Well Cards
Bierce Library
11:30am-1:30pm
Create a “Get Well” card for someone in need while connecting with other students.

Tues. 2/22: Ally Training
Student Union 308
9am-12pm
A workshop focused on gaining information about how to be an effective ally to LGBTQ individuals.

Wed. 2/23: 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.

Emotion Management through Writing
Student Union 308
1-2pm
Develop writing techniques to help improve emotion management.

Thurs. 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.

Cycling
Student Rec and Wellness Center, Studio A
6:15-7am
Simulating riding over various terrains on a stationary bike.

Circuit Training
Student Rec and Wellness Center, Studio A
7:30-8:15am
Improve muscular strength and endurance with this circuit style class.

Good Sleep and Mental Health
Student Union 308
1-2pm
Learn how to improve your sleep towards boosting different areas of your life.

Fri. 2/25: 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.