

BE | WELL WEEK

SEPTEMBER

monday 16th

Journal to Manifestation

Time: **Noon - 1 p.m.**

Location: **MET 109-111**

HSC Wellbeing Domain:
Knowing Yourself & Navigating Individual Needs

tuesday 17th

Maximize Your 168

Time: **4 p.m. - 6 p.m.**

Location: **MET 109-111**

HSC Wellbeing Domain:
Knowing Yourself, Working With Others, Community Belonging & Navigating Individual Needs

wednesday 18th

Stress Unraveled

Part 1

Time: **Noon**

Part 2

Time: **12:30 p.m.**

Location: **Online**

HSC Wellbeing Domain:
Knowing Yourself & Navigating Individual Needs

thursday 19th

Finding Calm

Time: **Noon-1pm.**

Location: **EAD 524**

HSC Wellbeing Domain:
Knowing Yourself, Working With Others, Community Belonging & Navigating Individual Needs

friday 20th

Boundaries: Mastering Life's Limits

Time: **Noon**

Location: **Online**

HSC Wellbeing Domain:
Knowing Yourself, Working With Others, Community Belonging & Navigating Individual Needs



Let us know
you're coming!

SCAN

