

# STUDENT HEALTH SERVICES

## SELF-HELP SERIES KICK-OFF WEEK

**SEPT  
25**

MEDITATION  
MONDAYS

**SEPT  
25**

UNDERSTANDING & COPING  
WITH ANXIETY AND  
DEPRESSION

**SEPT  
27**

SELF-CARE 3.0

**SEPT  
28**

ANGER MANAGMENT  
WORKSHOP SERIES

SCAN QR CODE TO REGISTER!

