

Taking Care of You

*Mental Health and Stress Management Workshop
with OCSS & UHS*

November 20th, 2019

11:30 am - 1 pm

Discussion will begin at 12 pm

Location: University Center 115

Join us for an open discussion around the Adult Learner experience, stress, sleep, lifestyle meshing, mental health, agency, transitioning to campus, etc.

Food will be served

