



RETRIEVER
INTEGRATED
HEALTH

**No registration is
required for this
workshop.**

***For more information, visit our
myUMBC events page!***



**In this 3-session series you'll learn
practical tools to help you manage your
life in a way that better matches your
needs.**

- ✓ Session 1: Metacognition, Time Management, & Flexibility
- ✓ Session 2: Task Initiation, Self-Control, & Perseverance
- ✓ Session 3: Memory, Attention, Organization, & The Wall of Awful



***March 25, April 1, and April 8
Tuesdays 2pm-3pm
Center for Well-Being 118
or scan to join virtually via Webex***



****chats on Webex will not
be monitored during the
workshop****

Come to one, or come to all!

EXECUTIVE FUNCTIONING WORKSHOP SERIES

***All RIH services are LGBTQIA2S+
friendly and are welcoming to all
diverse populations.***



***If you need accommodations
for a disability, please contact
swill1@umbc.edu at least one
week prior to the start of the
workshop.***