

MENTAL HEALTH AWARENESS WEEK



M

LEARN ABOUT THE BENEFITS OF JOURNALING

Location: DeArmond Lobby Time: All Day

Grab a Free Journal While Supplies Last!

T

LEAVE YOUR WORRIES BEHIND WITH THE WORRY BOX

Location: DeArmond Lobby Time: All Day

W

FREE YOGA AT THE S.W.R.C

Location: S.W.R.C Room A Time: 12:00 pm

TH

DE-STRESS DIY CRAFTS

Location: DeArmond Lobby Time: All Day

NOTES

**THIS IS A NIHE EVENT AND ALL LCSC,
NIC, UOFI, BSU, AND ISU STUDENTS
ARE WELCOME TO PARTICIPATE!**