

WELLNESS WEEK

September 18-22



All Week: Social Wellness

Kindness Rocks Challenge
<http://www.michaels.com/rockchallenge>
MET Lobby and Java Lab
9:00AM Monday - 4:00PM Friday

Sponsored by the Center for Academic Performance



Monday: Environmental Wellness

Composting at Home/Apartment
Win a Kitchen Compost Bin!
CBH 240
12:05-12:50PM

Sponsored by the Office of Sustainability & Tarrant Area Food Bank



Wednesday: Occupational Wellness

Lunch and Learn
Salary Negotiation Skills for New Professionals
RES 100
12:05-12:50PM

Sponsored by the Career Center, EECU Credit Union, & Student Diversity and Inclusion Team



Thursday: Cultural Wellness

International Day of Peace Celebrations:
Yoga: MET Lawn, 12:00-1:00PM
Human Rights Attorney: CBH 240, 12:00-1:00PM
International Fair: MET 109-111, 3:30-5:30PM

Sponsored by the Office of International Service & Student Diversity and Inclusion Team



Friday: Emotional Wellness

Lunch and Learn
Dr. Ghelber - Institute for Advanced Psychiatry
MET 124
12:05-12:50PM

Sponsored by Psych Club, SWEAT, & MIND



UNT | HEALTH
SCIENCE CENTER

Office of Wellness Services