JANUARY

21  Week of Welcome: Take Care of Yourself Tuesday
   Tabling | 11 AM-1 PM | UC Atrium

22  Week of Welcome: Wise Wednesday
   Tabling | 11 AM-1 PM | UC Atrium

23  Week of Welcome: Thoughtful Thursday
   Workshop | 4-5 PM | Relaxation Zone
   302 Brister Hall

24  Week of Welcome: Fit Friday
   Tabling | 11 AM-1 PM | UC Atrium

27  No Stress Success: Supportive Tigers
   Workshop | 4-5 PM | 225 McWherter Library

29  Wellness: How to Study
   Workshop | 3-4 PM | UC Poplar Room (308)

FEBRUARY

5   QPR Suicide Prevention Training
    Training | 3-4 PM | UC Poplar Room (308)

6   Safe Zone 1
    Training | 4-6 PM | UC Poplar Room (308)

12  Wellness: Disarming Differences
    Workshop | 3-4 PM | UC Poplar Room (308)

17  Creating Kings: Black Men Mental Health
    Tabling | 10 AM-1 PM | UC Atrium

19  Creating Kings: Black Men Mental Health
    Workshop | 4-5 PM | UC Poplar Room (308)