



# AUGUST 2019 CALENDAR

**Monday, Aug. 19** | Welcome and Be Well | 2-4 PM | Residence Halls

**Tuesday, Aug. 20** | Welcome and Be Well | 2-4 PM | Residence Halls

**Monday, Aug. 26** | Motivation Monday | 11 AM-2 PM | UC Atrium

**Tuesday, Aug. 27** | Take Care of Yourself Tuesday | 11 AM-2 PM | Student Plaza

**Wednesday, Aug 28** | Wise Wednesday | 11 AM-2 PM | Student Activity Plaza

**Thursday, Aug 29** | Thoughtful Thursday | 4-5 PM | Relaxation Zone (Brister 302)

**Friday, Aug 30** | Fun Friday | 11 AM-1 PM | UC Alumni Mall

To learn more about Student Health and Counseling Services, visit [memphis.edu/counseling/wellness](http://memphis.edu/counseling/wellness)



Student Health and  
Counseling Services