



Graduate College



CAMPUS HEALTH

**COUNSELING & PSYCH
SERVICES**

A 21st CENTURY MASTERS' PROJECT INITIATIVE

Re-orienting for Spring: Strategies for Graduate Student Wellness

JAN 20, 2023 — 1:00-2:30 PM

ZOOM WEBINAR — FREE TO ATTEND

Register here: <https://tinyurl.com/Re-Orient-Webinar>

Join our webinar to learn about resources and practical strategies for graduate student wellness. Get tips from a panel of experts on how to cultivate physical, emotional, and mental wellbeing to ensure a more holistic and grounded degree journey experience.



IN PARTNERSHIP WITH:



COLLEGE OF SOCIAL & BEHAVIORAL SCIENCES
Center for Compassion
Studies



International Student
Services



Women & Gender
Resource Center



Disability Resource
Center



**CAMPUS
RECREATION**