the MIND SPA presents

HOW TO LIVE **YOUR** BEST LIFE

Collaborative sessions to learn more about how to embrace and celebrate what makes you, you.

Fridays 2:00 - 3:00 in Memorial Union, Suite 120

September 20: **Self Respect** with Counseling Center

September 27: **First Year Student** with First Year & Transfer Center

October 4: **Gender Identity** with Rainbow Resource Center

October 11: **Ethnicity** with Multicultural Center

October 18: **Abilities** with Student Accessibility Services

October 25: **Transfer Students** with First Year & Transfer Center

November 1: **Trans* Experience** with Rainbow Resource Center

November 8: **Women** with Women's Resource Center

November 15: **Religion/Spirituality** with Multicultural Center

November 22: **Ability** with Student Accessibility Services

December 6: **Allyship** with LGBTQ+ Services

December 13: **Self Acceptance** with Counseling Center

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