

# *the MIND SPA presents*

**INFO SESSIONS ALTERNATING  
TUESDAYS FROM 2:00 PM - 3:00 PM**

**September 17:** Creating vs. Consuming Joy

**October 1:** DIY Self Care Calendar

**October 29:** Identifying Your Non-Negotiables

**November 12:** Improving Your Sleep Habits

**November 26:** Celebrating Your Individuality  
through improv techniques

**December 10:** Navigating Your Stressors

*Located in the Memorial Union, Suite 120*

