

GO! Vember

- November 2019 -



GO

Learn

Tuesday, Nov 5th

Mindfulness & Self-Compassion Workshop

By Wayne Martin, LCSW

IREB 240. 12-1 PM RSVP HERE!!



GO

with the
Flow

Tuesday, Nov 12th

Painting Party -Paint with Bob Ross or Paint Your Own Masterpiece!

FMB 130, 3-5 PM

**Snacks Provided! FREE Collaboration Event with CAP & OCC!!
RSVP HERE!!**



GO

Relax

Tuesday, Nov 26th

Stress Management Workshop with CAP & OCC

MET 109-111, 12-2 PM

RSVP HERE!!



GO

Compete

Want to Embrace More of your Own Abilities?

Participate in the **Fitness Centers New Physical Fitness Competition and be entered into a prize drawing. CLICK HERE** or scan the QR code for more details!



GO

Walk

Tradition Continues! Participate in the **Fitness**

Center's month long walking challenge and be entered into a prize drawing. **CLICK HERE** or scan the QR code for more details!



GO

Volunteer

Tuesday, Nov 26th

Volunteer for Clean Out the Closet event with the Career Services

MET Lobby, 11-1pm. Contact- Cecilia Riveria, careercenter@unthsc.edu for more details!

On the **GO**

Give

Donate to a cause you care about!

Food Pantry: SSC Room 232 & LIB 450A

SafeHaven of Tarrant County: www.safehaventc.org