

BE | WELL WEEK

FEBRUARY

14 The Importance of Sleep

monday

Hosted by: **Office of Care & Civility & Dr. Roane**

Time: **12:00 pm to 1:00 pm** • Location: **Zoom**

HSC Wellbeing Domain: **Navigating Individual Needs**

15 Financial Literacy

tuesday

Hosted by: **Financial Aid**

Time: **12:00 pm to 1:00 pm** • Location: **IREB 260**

HSC Wellbeing Domain: **Navigating Individual Needs & Knowing Yourself**

16 The Competitive Candidate

wednesday

Hosted by: **Career Readiness Center**

Time: **12:00 pm to 1:00 pm** • Location: **Zoom**

HSC Wellbeing Domain: **Working with Others & Community Belonging**

Be|Well Fair

Hosted by: **Office of Care & Civility and Be|Well**

Time: **4:00 pm to 6:00 pm** • Location: **MET Lawn**

HSC Wellbeing Domain: **Knowing Yourself, Working with Others, Community Belonging & Navigating Individual Needs**

17 Cultural Awareness and Competence in Healthcare

thursday

Hosted by: **International Services**

Time: **12:00 pm to 1:00 pm** • Location: **EAD 406**

HSC Wellbeing Domain: **Working with Others & Community Belonging**

18 Go Relax

friday

Hosted by: **Office of Care & Civility**

Time: **12:00 pm to 1:00 pm** • Location: **MET 109-111**

HSC Wellbeing Domain: **Navigating Individual Needs**

TO RSVP:

