



THE UNIVERSITY of NORTH TEXAS  
HEALTH SCIENCE CENTER at FORT WORTH

# SEPTEMBER

## 2 Go Relax

friday

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

Are you looking for an opportunity to take a break? Swing by and grab a couple of snacks or a cup of coffee between classes to relax. There also will be stress-reducing activities for you to take advantage of, so bring a friend or two and decompress with the Office of Care & Civility.

Time: **Noon – 1 p.m.**

Location: **MET 109-111**

HSC Well-Being Domain: **Navigating Individual Needs**

**BE | WELL**  
**WEEK**



TO RSVP:



[unthsc.edu/students/wellbeing-qep](https://unthsc.edu/students/wellbeing-qep)