hsc
THE UNIVERSITY of NORTH TEXAS
HEALTH SCIENCE CENTER at FORT WORTH

BE | WELL WEEK

AUGUST

29 monday — Tips for Success at HSC

Hosted by: **Office of Care & Civility**
Time: **Noon – 1 p.m.** • Location: **Zoom**
HSC Well-Being Domain: **Knowing Yourself, Working with Others, Community Belonging & Navigating Individual Needs**

30 tuesday — Thriving with ADHD Part I

Hosted by: **Office of Disability Access**
Time: **Noon – 1 p.m.** • Location: **MET 109-111**
HSC Well-Being Domain: **Navigating Individual Needs, Working with Others & Knowing Yourself**

31 wednesday — Beating Burnout

Hosted by: **Office of Care & Civility and Dr. Emily Mire**
Time: **Noon – 1 p.m.** • Location: **Zoom**
HSC Well-Being Domain: **Knowing Yourself & Navigating Individual Needs**

Be|Well Study Break Palooza

Hosted by: **Office of Care & Civility and LIB**
Time: **4–6 p.m.** • Location: **Gibson D. Lewis Library**
HSC Well-Being Domain: **Knowing Yourself & Navigating Individual Needs**

SEPTEMBER

1 thursday — Plants with CAP

Hosted by: **Center for Academic Performances**
Time: **Noon – 1 p.m.** • Location: **MET 109-111**
HSC Well-Being Domain: **Knowing Yourself & Navigating Individual Needs**

2 friday — Go Relax

Hosted by: **Office of Care & Civility**
Time: **Noon – 1 p.m.** • Location: **MET 109-111**
HSC Well-Being Domain: **Navigating Individual Needs**

TO RSVP:

unthsc.edu/students/wellbeing-qep

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