



THE UNIVERSITY of NORTH TEXAS
HEALTH SCIENCE CENTER at FORT WORTH

SEPTEMBER

1

Plants with CAP

thursday

Hosted by: **Center for Academic Performances**

Do you like plants? What about tapping into your creative side? If yes, join the Center for Academic Performance (CAP) as it hosts this succulent planting event to relieve stress. Students will get to pick out their plants and decorate the pots they come in—all while learning about the CAP team's amazing resources.

Time: **Noon – 1 p.m.**

Location: **MET 109-111**

HSC Well-Being Domain: **Knowing Yourself & Navigating Individual Needs**



TO RSVP:



unthsc.edu/students/wellbeing-qep

BE | WELL WEEK