



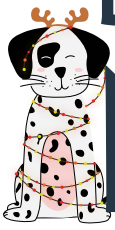
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UNT Health Science Center
Office of Care and Civility



HSC OCC



December

NEWSLETTER

EVENTS

Impaired Driving with HSC Police

December 1 | 12 pm | MET Lobby

Stop by the MET Lobby to learn about impaired driving behaviors! We will have SWAG, online driving simulators, and drunk goggles for mock field sobriety tests!

Community Belonging with Cowtown Friends of FWACC

December 4 | 2pm | MET Lawn

Come hang out with our furry friends from Cowtown Friends of FWACC! The dogs are back and ready to teach you all about community belonging over the holidays!

*Backup location in case of weather is IREB 1st Floor Lobby

Mindful Moments Study Break

December 5 | 11 am | LIB 225

Grab a snack, play a game, make a holiday card, and take a break!

Yoga Break with Maggie

December 6 | 12pm | MET 214

Flow with Maggie at this pop-up yoga class! Take a quick study break to move your body and release your stress!

Scan me to RSVP



DECEMBER IS NATIONAL IMPAIRED DRIVING PREVENTION MONTH

Over 80% of HSC students reported that they refrain from driving after consuming alcohol.

The CDC has posted helpful tips to refrain from driving while intoxicated this holiday season. Check out how you can prevent impaired driving below:

1. **Planning ahead**
2. **Getting a ride home**
3. **Agreeing on a trusted designated driver ahead of time**
4. **Being aware of prescriptions and over-the-counter medicines**
5. **Not letting your friends drive while impaired with alcohol or drugs**
6. **Not riding with an impaired driver**
7. **Remind your friends and loved ones to plan ahead if they plan to drink or use alcohol**
8. **Always wearing a seatbelt on your drive**

FOR MORE INFORMATION



SCAN ME



NEED A BREAK? TRY OUT OUR VIRTUAL RELAXATION ROOM!



Our virtual relaxation room is a virtual space where students, faculty and staff can take a moment to relax and de-stress. Mindful relaxation can reduce stress, improve mood and promote productivity. We encourage you to explore the page's activities! We have meditations, calming walks and videos, and more!

