

# JANUARY Newsletter

## Upcoming Events



**Mindful Zones of HSC**  
Wednesday, January 15  
11am - 12:30pm  
EAD 255



**Model Your Wellbeing -  
Cubie's Birthday Bash**  
Wednesday, January 22  
noon - 2pm  
EAD 255



**National Stalking Awareness**  
Thursday, January 16  
noon - 1pm  
MET Lobby



**National Stalking Awareness**  
Thursday, January 16  
noon - 1pm  
MET Lobby



RSVP ON ENGAGE



## January Topics:

**National Stalking  
Awareness Month**



**Building Habits  
That Last**



**Inaugural Substance Use  
Disorder Treatment  
Month**



**Stay Connected with Us!**



@HSC.BEWELL on IG



HSC OCC on Facebook



HSC OCC on YouTube