

# MENTAL ILLNESS AWARENESS WEEK ACTIVITIES

Presented by UNTHSC's Office  
of Care and Civility

October  
4th-8th

## 6th

Wednesday -  
Workout for  
(Mental)  
Wellness

## 4th

Monday - Muffins for  
Mental Health

Stop by the MET Lobby from 12-1 and  
get your FREE muffin

## 7th

Thursday -  
Teacher's  
Thoughts

## 5th

(TED) Talk About It  
Tuesday

## 8th

Feeling Better  
Friday