

**BE | WELL
WEEK**

February

26 What's Cooking?

monday

Time: 3 - 4 p.m. | Location: MET 109-111 and Online
HSC Well-Being Domain: **Navigating Individual Needs & Community Belonging**

27 Planting Kindness

tuesday

Time: Noon - 1 p.m. | Location: MET 109-111
HSC Well-Being Domain: **Working with Others & Community Belonging**

28 Resource Fair

wednesday

Time: 4-6 p.m. | Location: MET 109-111
HSC Well-Being Domain: **Knowing Yourself, Working with Others, Community Belonging & Navigating Individual Needs**

29 Be a Stand Out Candidate

thursday

Time: Noon - 1 p.m. | Location: Online
HSC Well-Being Domain: **Knowing Yourself, Community Belonging & Navigating Individual Needs**

March

1 Self-Defense with HSC Police

friday

Time: Noon - 1 p.m. | Location: MET 109-111
HSC Well-Being Domain: **Knowing Yourself & Navigating Individual Needs**

