

Office of Care & Civility  
**World Well-being Week 2020**



**Wednesday June 24th**  
**Social Health**

Social interactions provide a sense of meaning and belonging in our lives. A healthy social life can help you thrive. Take some time today to focus on your social health!



**VIRTUAL PRESENTATION:**  
**"Healthy Relationships" by**  
**UNTHSC's Jeremy Joseph, MS**

**GET INVOLVED:**

A great way to expand your social circle is by joining a club! Check out all of the clubs & organizations at UNTHSC.



**MAKE A GOAL:**

Explore this Social Wellness Toolkit and make a personal goal of how you will improve your social well-being.

**SHOW APPRECIATION:**

Let someone on campus know that you appreciate them by sending a virtual "High Five"!

