

Spring 2023 Wellness Workshops

learn how to live well

Get Motivated Through Goal Setting

1/25/2023 - Wednesday
BLUU - Chambers (4:00pm)

Sleep For Success

1/31/2023 - Tuesday
BLUU - Miller (5:00pm)

Be an "Upstander" - Not Just a Bystander

2/9/2023 - Thursday
BLUU - Miller (3:30pm)

Mental Health Allyship

2/13/2023 - Monday
BLUU - Miller (4:00pm)

Financial Wellness - Budgets, Savings, & Credit

2/22/2023 - Wednesday
BLUU - Miller (4:00pm)

Stress Management

2/28/2023 - Tuesday
BLUU - Miller (4:00pm)

QPR: Suicide Prevention

3/6/2023 - Monday
URC 048 (4:00pm)

Time Management

3/20/2023 - Monday
BLUU - Miller (4:00pm)

Sleep for Success

3/29/2023 - Wednesday
BLUU - Miller (4:00pm)

Let's Get Real - Countering Imposter Syndrome

4/6/2023 - Thursday
BLUU - Chambers (3:30pm)

Financial Wellness 2.0 - Adulting

4/13/2023 - Thursday
BLUU - Miller (5:00pm)

QPR: Suicide Prevention

4/19/2023 - Wednesday
BLUU - Miller (5:00pm)

Relaxation Techniques

4/26/2023 - Wednesday
BLUU - Chambers (4:00pm)

Relaxation Techniques

5/2/2023 - Tuesday
BLUU - Miller (4:00pm)

*Improve your health and well-being! Attend a Wellness Workshop to
learn how to support yourself and others as you strive for success.*

Contact wellnesseducation@tcu.edu for more information.