

## January

### **Get Motivated Through Goal Setting**

Wed, Jan 24, 3:30pm-4:30pm

BLUU – Zeidman

### **Time Management**

Tue, Jan 30, 4:00pm-5:00pm

BLUU – Zeidman

## February

### **Sleep for Success**

Fri, Feb 9, 1:00pm-2:00pm

BLUU – Zeidman

### **Stress Management**

Thu, Feb 15, 5:00pm-6:00pm

BLUU Zeidman

### **Financial Wellness 101 – Foundations**

Mon, Feb 19, 4:00pm-5:00pm

University Rec Center – Room 048

### **Living Intuitively**

Wed, Feb 28, 4:00pm-5:00pm

BLUU – Zeidman

## March

### **QPR: Suicide Prevention**

Tue, Mar 5, 3:30pm-4:30pm

University Rec Center – Room 048

### **Mindful Moments**

Fri, Mar 22, 12:30pm-1:30pm

University Rec Center – Room 048

### **Financial Wellness 2.0 – Managing Your Money**

Thu, Mar 28, 5:30pm-6:30pm

BLUU – Zeidman

## April

### **Be an Upstander – Not Just a Bystander**

Mon, Apr 1, 3:00pm-4:00pm

BLUU – Zeidman

### **QPR: Suicide Prevention**

Wed, Apr 10, 4:30pm-5:30pm

BLUU – Zeidman

### **Mental Health Allyship**

Thu, Apr 18, 2:00pm-3:00pm

BLUU – Zeidman

### **Relaxation Techniques**

Fri, Apr 26, 1:30pm-2:30pm

BLUU – Hillel

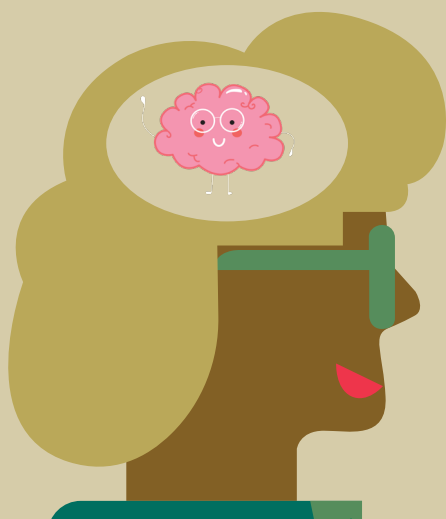
### **Relaxation Techniques**

Mon, Apr 29, 4:00pm-5:00pm

BLUU – Zeidman

# SPRING 2024 WELLNESS WORKSHOP CALENDAR

For more information, contact [WellnessEducation@tcu.edu](mailto:WellnessEducation@tcu.edu) or  
find more information [HERE](#):



**FROG LIFE**  
EMPOWERING A CULTURE OF *wellness*

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