

FALL 2024 WELLNESS WORKSHOPS

September

03 4:00pm-5:00pm
Tuesday **Transitioning to College Life**
BLUU - Miller

10 3:00pm-4:00pm
Tuesday **QPR: Suicide Prevention Training**
BLUU - Zeidman

11 4:00pm-5:00pm
Wednesday **Time Management - Boost Your Productivity**
BLUU - Zeidman

19 3:30pm-4:30pm
Thursday **Be an "Upstander" - Not Just a Bystander**
BLUU - Zeidman

27 2:00pm-3:00pm
Friday **Get Motivated Through Goal Setting**
BLUU - Zeidman

October

01 3:30pm-4:30pm
Tuesday **Sleep for Success**
BLUU - Miller

04 1:00pm-2:00pm
Friday **Countering Imposter Syndrome**
BLUU - Zeidman

16 3:00pm-4:00pm
Wednesday **Mental Health Allyship**
BLUU - Chambers

October

21 3:30pm-4:30pm
Monday **Financial Wellness 101**
BLUU - Zeidman

31 4:00pm-5:00pm
Thursday **Mindful Moments**
BLUU - Zeidman

November

04 3:00pm-4:00pm
Monday **All Bodies are Good Bodies**
BLUU - Zeidman

06 3:30pm-4:30pm
Wednesday **QPR: Suicide Prevention Training**
BLUU - Zeidman

15 1:00pm-2:00pm
Friday **Financial Wellness - Money Management**
BLUU - Zeidman

19 4:00pm-5:00pm
Tuesday **Relaxation Techniques**
BLUU - Zeidman

December

04 4:00pm-5:00pm
Wednesday **Relaxation Techniques**
BLUU - Zeidman

FROG LIFE
EMPOWERING A CULTURE OF *wellness*

TCU
Campus Recreation &
Wellness Promotion

For more information, contact WellnessEducation@tcu.edu