

SPRING 2026



STUDENT AFFAIRS
Campus Recreation &
Wellness Promotion

WELLNESS WORKSHOPS

JANUARY

MONDAY
26
5:00-5:50PM

Time Management:
Boost Your Productivity

MARCH

WEDNESDAY
25
5:00-5:50PM

Managing Life Through
Mindfulness

MONDAY
30
4:00-4:50PM

QPR: Helping Students
in Crisis

FEBRUARY

TUESDAY
03
3:00-3:50PM

Sleep for Success

WEDNESDAY
11
4:00-4:50PM

Countering Imposter
Syndrome

THURSDAY
26
5:30-6:20PM

Financial
Wellness 101

APRIL

TUESDAY
14
4:00-4:50PM

Relaxation
Techniques



ALL WELLNESS WORKSHOPS
REC CENTER RM. 048

For more information, contact
WellnessEducation@tcu.edu

FROG LIFE
EMPOWERING A CULTURE OF *wellness*