

SPRING 2026

# WELLNESS WORKSHOPS

JANUARY

MONDAY  
**26**  
5:00-5:50PMTime Management:  
Boost Your Productivity

FEBRUARY

TUESDAY  
**03**  
3:00-3:50PM

Sleep for Success

WEDNESDAY  
**11**  
4:00-4:50PMCountering Imposter  
SyndromeTHURSDAY  
**26**  
5:30-6:20PMFinancial  
Wellness 101

MARCH

WEDNESDAY  
**25**  
5:00-5:50PMManaging Life Through  
MindfulnessMONDAY  
**30**  
4:00-4:50PMQPR: Helping Students  
in Crisis

APRIL

TUESDAY  
**14**  
4:00-4:50PMRelaxation  
TechniquesALL WELLNESS WORKSHOPS  
REC CENTER RM. 048For more information, contact  
[WellnessEducation@tcu.edu](mailto:WellnessEducation@tcu.edu)**FROG LIFE**  
EMPOWERING A CULTURE OF *wellness*