

WELLNESS WORKSHOP SCHEDULE

FALL 2026

SEPTEMBER

Wednesday, Sept. 2

4:00-5:00pm

Level Up with the TCU Library

Lib 3181

Thursday, Sept. 10

5:30-6:30pm

QPR: How to Help Someone in Crisis

BLUU - Miller

Wednesday, Sept. 16

5:00-6:00pm

Make Every Minute Count

BLUU - Hillel

Tuesday, Sept. 22

4:00-5:00pm

Meal Plan Maxxing: Optimize Your Dining Plan

BLUU - Miller

Wednesday, Sept. 30

5:00-6:00pm

Overcoming Imposter Syndrome

BLUU - Hillel

OCTOBER

Thursday, Oct. 8

6:00-7:00pm

Sleep for Success

BLUU - Miller

Monday, Oct. 26

4:00-5:00pm

Financial Wellness: Budgeting Basics

BLUU - Miller

NOVEMBER

Wednesday, Nov. 3

4:00-5:00pm

Beyond Instant Noodles: Meal Planning for On-Campus Living

BLUU - Miller

Tuesday, Nov. 10

5:00-6:00pm

From Venmo to Visa: Credit, Cards & Cash Apps

BLUU - Miller

Tuesday, Nov. 17

3:00-4:00pm

Relax, Reset, Recharge

BLUU - Hillel

DECEMBER

Wednesday, Dec. 2

5:30-6:30pm

Relax, Reset, Recharge

BLUU - Hillel

For more information, contact
WellnessEducation@tcu.edu

FROG LIFE
EMPOWERING A CULTURE OF *wellness*

TCU

STUDENT AFFAIRS

Campus Recreation &
Wellness Promotion