

FALL GRAD WELLNESS WORKSHOPS

4

SEPTEMBER

The Value of Play
12:00 p.m.- 1:00 p.m.

11

SEPTEMBER

Time Management
10:00 a.m. - 11:00 a.m.

26

SEPTEMBER

**Healthy Eating on
the Run**
12:00 p.m.- 1:00 p.m.

15

OCTOBER

Budgeting Basics
11:00 a.m.- 12:00 p.m.

22

OCTOBER

Sleeping for Success
11:00 a.m.- 12:00 p.m.

1

NOVEMBER

Stress & Self-Care
1:00 p.m.- 2:00 p.m.

5

NOVEMBER

**Eat Right When
Your Budget is
Tight**
1:00 p.m.- 2:00 p.m.

6

NOVEMBER

**PTSD & How to
Manage**
10:00 a.m.- 11:00 a.m.

3

DECEMBER

Budgeting Basics
12:00 p.m.- 1:00 p.m.

5

DECEMBER

**MHA & Mental
Health Resources
Near You**
11:00 a.m.- 12:00 p.m.

12

DECEMBER

Let's Talk Taxes
12:00 p.m.- 1:00 p.m.



**GRADUATE
SCHOOL**
PROFESSIONAL DEVELOPMENT



REGISTRATION & ADDITIONAL INFORMATION:
[HTTPS://TINYURL.COM/GRADPURDUEWELL](https://tinyurl.com/gradpurduewell)