

# TAKE A DAY TO TAKE CARE

Registration Information: <https://www.purdue.edu/gradschool/professional-development>

## MENTAL HEALTH

- Success Over Stress (9/5)
- General Mental Health Information (9/26)
- Sleeping for Success (10/3)
- Stress and Self-Care (10/3)
- Mindfulness (10/17)
- Where to Find Mental Health Services in Our Area (10/24)
- Failing Forward – Turning Hardship in Triumph (11/7)

## NUTRITION

- Healthy Eating on the Run: (9/19)
- Eat Right when your Budget is Tight: (10/31)

## FINANCIAL HEALTH

- How to Spot a Scam: (9/12)
- Let's Talk Taxes: (10/24)



# WELLNESS

# WEDNESDAYS