SELF-CARE RESOURCE FAIR

Monday, March 18th
6-8 P.M.
PMU South Ballroom

TOPICS/ACTIVITIES
Art for wellness
Emotional eating
Job searching
Mindfulness circuit
Movement and breath
Preventing burnout
Studying smart

RSVP by March 14th
https://goo.gl/uhXpph

In partnership with:
Asian American and Asian Resource and Cultural Center, Academic Success Center, Black Cultural Center, Center for Advocacy, Response & Education, Center for Career Opportunities, City Bus, Counseling and Psychological Services, Office of Dean of Students, Latino Cultural Center, National Alliance on Mental Health on Campus, Purdue University, Recreation and Wellness, Sky @ Purdue, The Division of Financial Aid, University Residences, and Veteran’s Success Center.