

# Become Your Best Self!

## TAKE CARE TUESDAYS & WELLNESS WEDNESDAYS SELF-CARE WORKSHOPS

Location: Student Counseling Services  
1st Floor Rice Hall  
5pm - 6pm

9/15 | Adjustment & Stress Management

9/21 | Study Skills & Time Management

10/5 | Self-care

10/20 | Resiliency

11/ 2 | Identity & Personal Development

11/30 | Self-care



[www.una.edu/counseling](http://www.una.edu/counseling)

