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| **DATE** | **TIME** | **LOCATION** | **TOPIC** | **SPEAKER** |
| January 24th | 12:00pm-12:45pm | GUC 200 | Creating a Budget | Mr. Jake Jacobs &Ms. Destiny Russell |
| January 31st | 12:00pm-12:45pm | GUC 200 | Establishing Health Habits that Stick | Ms. Amy Moor, LPC-S |
| February 7th | 12:00pm-12:45pm | Anderson College of Nursing and Health Professions Conference Room | Heart Disease Screening & Prevention | Dr. Grace Zills |
| February 14th | 12:00pm-1:00pm | Flowers Hall, Room 307 | CookingDemonstration | Dr. Lee Renfroe |
| February 21st |  12:00pm-12:45pm | GUC 200 | Heart Health & Aging | Dr. Rachna Valvani, MD, CMD |
| February 28th | 12:00pm-1:00pm | Human Performance Lab | Art Therapy | Ms. Ellen Dempsey |
| March 6th  | 12:00pm-12:45pm | GUC 200 | Empathy Fatigue | Ms. Celeste Coffman,LPC |
| March 13th  | 12:00pm-12:45pm | GUC 200 | Hydration | Mr. Craig Witt,Wellness Graduate Assistant |
| March 20th  | 12:00pm-1:00pm | Human Performance Lab | The Benefits of Yoga | Ms. Candace Moore |