

# Academic Wellness Fridays

## with the GSRC



*Is October a stressful month for you?*

*Unwind and take care of your well-being with the Graduate Student Resource Center!*

**OCT** Stress Management Workshop

**04** 4 p.m. - 5 p.m. - HSF 3008

**OCT** A Graduate Student's Guide to Healthy Eating

**11** 4 p.m. - 5 p.m. - The Nancy H. Marcus Great Hall

**OCT** Facing the Blank Page: Writing Workshop

**25** 3 p.m. - 4 p.m. - The Nancy H. Marcus Great Hall



***All workshops require registration.***

*Scan the QR code to learn more about the events and fill out the registration forms!*