

Staff and Faculty Self-Care



Wed., February 14
12-1 p.m.

Student Life Building, Room 111 A & B

In a world that never stops, taking care of your mental health is crucial. Join us for a thoughtful discussion on strategies to enhance mental well-being at work including:

- ✔ Welcome and Introductions
- ✔ Self Care Activity
- ✔ Discussion
- ✔ Networking
- ✔ Reflections & Next Steps



**Pizza will be served on a first come, first served basis.
You are welcome to bring your own lunch!**

Mental Health Strategies for Staff and Faculty: tinyurl.com/fs-care



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COLLEGE

*Mental Health
Committee*

Let's create a supportive and healthy workplace together!