

The Counseling and Testing Center presents: TAKING CARE WEEK (#ZipsTakingCare)

www.uakron.edu/counseling

Join us for a week full of activities designed to help you take care of yourself and connect with others.

Mon. 3/3: Taking Care of Yourself Emotionally

Stress Management Fair Student Union, Piano Lounge 11:30am-1:30pm
Relieve some of your stress with multiple relaxing and fun events at the Union.

The Link between Mood and Food Student Union 316 2-3pm
Learn how to change eating habits to improve your mood.

Tues. 3/4: Taking Care of Yourself Physically

Ally Training Student Union 316 9am-12pm
A workshop focused on gaining information about how to be an effective ally to LGBTQ+ individuals.

Health Screenings Fair Student Union, Piano Lounge 11:30am-1:30pm
Drop by the Union to gather information on strategies to improve your physical health.

Emotion Management Through Writing Student Union 316 1-2pm
Learn all about the benefits of journaling and join us to try some simple and quick journaling techniques.

Relax & Restore Yoga Flow Student Rec and Wellness Center 7:30-8:15pm
A gentle, all-levels yoga class to help you relax your body, settle your mind, and connect to your breath.

Wed. 3/5: ***No events this day.***

Thurs. 3/6: Taking Care of Others

Get Well Cards Student Union, Piano Lounge 11:30am-1:30pm
Create a "Get Well" card for someone in need while connecting with therapy dogs.

Good Sleep and Mental Health Student Union 316 1-2pm
Learn how to improve your sleep towards boosting different areas of your life.

Fri. 3/7: Taking Care of Your Future Self

Future Self Fair Student Union, Piano Lounge 11:30am-1:30pm
Join us for an information fair on different ideas on how to prepare for your career path and life after graduation.
