

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. 2/26: 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.

Tues. 2/27: Taking Care of Yourself Physically

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.

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

Full Body Fitness Student Rec and Wellness Center 11am-12pm
A variety of exercises with resistance equipment focused on moving your full body.

Power Vinyasa Flow Student Rec and Wellness Center 7-7:45pm
Energize the body, build strength, increase flexibility, and calm the mind.

Wed. 2/28: 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.

Thurs. 2/29: 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.

Fri. 3/1: Ally Training Student Union 316 9am-12pm
A workshop focused on gaining information about how to be an effective ally to LGBTQ+ individuals.

Mosaic: Women of Color Student Union 316 1-2pm
A workshop for women of color to address stressors and adjustment to college.
