

September

Wellness Lounge

Activities

Take time for you. You matter. ♥



YOU MATTER TUESDAYS

8:15 AM – 9:15 AM

WELLNESS LOUNGE (A101)

Sept.
1

Gratitude
Journaling ♥



Sept.
8

Confidence
Jars ♥



Sept.
15

Art
Therapy ♥



Sept.
22

Make Your
Own
Keychain ♥



Sept.
29

Make Your
Own Bookmark ♥



♥ Your wellness matters. ♥

Activities subject to change without notice. ♥