



Mental Health Week

March 1-5

Fun & relaxing activities for everyone!

MONDAY

Taking on Anxiety Lunch & Learn with Student Counselling and Psychological Services in GB 1110 at 12 -1 PM

RSVP w/ for to-go lunch:
<https://forms.gle/LqufiU8DTXji3u9A7>

TUESDAY

Freestyle Yoga with Jessica Yu in GB 1120 at 12:15-12:45 PM

WEDNESDAY

Plant Adoption Day in Ed Commons Lobby at 12- 1:30 PM

THURSDAY

Paint & Sip with Maddie Senton in CB 3803 at 6-7 PM

RSVP: <https://forms.gle/TykMp7gPZdzq6w6s8>

FRIDAY

Plant Adoption Day in Health Sciences Building at 12- 1:30 PM

QUESTIONS?

Contact us!

@Augustagradska (Twitter/IG)

@Augustagraduatesga (Facebook)

