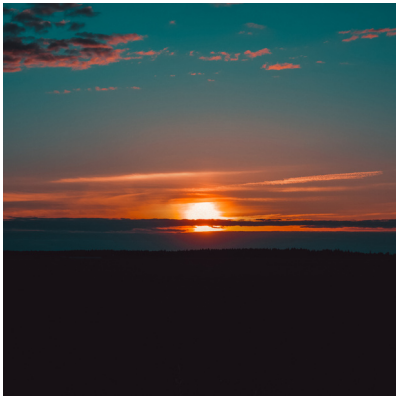


Wellness Workshops

Fall 2023 Drop in for 45 min. 2PM on Wednesdays



Transition Tips
Sept. 6
FYE credit



Feeling Homesick?
Sept. 13
FYE credit



Time Management
Sept. 20
FYE credit



"The one with...
Friends"
Sept. 27
FYE credit



Eating Well for
Busy Students
Oct. 4



Gratitude &
Journaling
Oct. 11



Self Care 101
Oct. 18
FYE credit



Stressed Out?
5 Fast Fixes!
Oct. 25
FYE credit



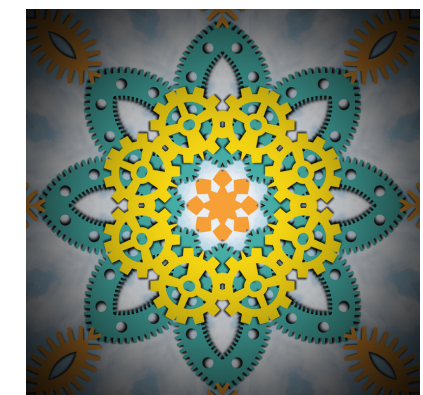
Improve Your Sleep
Nov. 1



What's Your Vision?
Create your board!
Nov. 8



What are you
addicted to?
Nov. 15



Ask Me anything!
Wellness Tips
Dec. 6

FAIRFIELD U
WELLNESS

McGrath
Commons at
Campus Ministry

Any questions?
203-254-4000, ext. 2146



Fairfield University