

# Counseling Center Waves of Wellness



Open One Hour Virtual Workshops

Location: ZOOM ID 817 7384 8529 Passcode: wow



1/27	<b>Mind Over Mood</b>	11am
1/31	<b>Cultivating Gratitude</b>	1pm
2/7	<b>Sleep Hygiene</b>	11am
2/14	<b>Kind Mind</b>	1pm
2/24	<b>Body Acceptance</b>	2pm
2/28	<b>Stress Management</b>	10am
3/18	<b>Zen Den</b>	11am
3/23	<b>Mind Over Mood</b>	4pm
3/29	<b>Taming Test Anxiety</b>	10am
4/4	<b>Zen Den</b>	3pm
4/11	<b>Anxiety Management</b>	11am
4/18	<b>Emotional Awareness</b>	1pm
4/26	<b>Tackling Procrastination</b>	3pm

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