

# HEALTH & WELLBEING SERIES

for International Students and Scholars

## MUTE *the* MADNESS MONDAY

### A DIGITAL DETOX LUNCH

January: 26 February: 9 & 23 March: 9 & 23 April: 13 & 27

11:30am - 1:00pm

ISA HQ, International Center, Garden Level

## TEA & TALK TUESDAY

### CONVERSATION & CONNECTION OVER TEA

January: 13 February: 10 March: 10 April: 7

2:00pm - 3:00pm

Room 201, International Center, 2nd Floor

## WELLNESS WEDNESDAY

### SPEAKER SERIES

February: 4 April: 1

4:30pm - 5:30pm

Room 115, International Center, 1st Floor

## CRAFTERNOON THURSDAY

### CREATE & RELAX WITH FRIENDS

January: 22 March: 19 April: 16

3:00pm - 5:00pm

Room 201, International Center, 2nd Floor

February: 19

3:00pm - 5:00pm

Room 302 & 303, International Center, 3rd Floor

