

"Self-care." Illustrations by Paru Ramesh



MENTAL HEALTH WEEK: SELF-CARE



When

FEB. 3 – 7, 2020



PARLIAMENT SESSIONS

Wednesday, Feb. 5

*Gather at Fulton first before breakout sessions

Fun with Jay, New Gym

Tea + TV, Ringo's Room

Nature Walk, Meet at Flagpole

Keep Calm + Make Art, Art Barn

Yoga, Yoga / GOLLA Room

Napping Spaces, Choir Room

Failure Party, Board Room

US LUNCH ACTIVITIES

Art Station, Campus Center, M - F

Forefront Actions, Campus Center, M / W / F

Rubik's Cubes, Library, M - F

FAMILY FILM SCREENING

Screenagers: Next Chapter

Campus Center, Tuesday, Feb. 4, 7-9 PM