

**August 7 – 10: Attend one session per topic.**

*To help you plan your week, mark what sessions you plan to attend. You should have a total of four 30-minute sessions this week. All sessions are CST.*

**Welcome to the Wellness Center**

- Monday, August 7, 10:30–11 a.m.
- Tuesday, August 8, 8–8:30 p.m.
- Wednesday, August 9, 6:30–7 p.m.
- Thursday, August 10, Noon–12:30 p.m.

**Creating a Supportive Campus Community**

- Monday, August 7, Noon–12:30 p.m. CST
- Tuesday, August 8, 10:30–11 a.m. CST
- Wednesday, August 9, Noon–12:30 p.m. CST
- Thursday, August 10, 6:30–7 p.m. CST

**Emergency Preparedness @ Aurora University**

- Monday, August 7, 6:30–7 p.m.
- Tuesday, August 8, Noon–12:30 p.m.
- Wednesday, August 9, 10:30–11 a.m.
- Thursday, August 10, 8–8:30 p.m.

**The Power of You**

- Monday, August 7, 8–8:30 p.m.
- Tuesday, August 8, 6:30–7 p.m.
- Wednesday, August 9, 8–8:30 p.m.
- Thursday, August 10, 10:30–11 a.m.

**August 14 – 17: Attend one session per topic.**

*To help you plan your week, mark what sessions you plan to attend. You should have a total of four 45-minute sessions this week. All sessions are CST.*

**Managing Stress and Anxiety**

- Monday, August 14, 10:30–11:15 a.m.
- Tuesday, August 15, 8–8:45 p.m.
- Wednesday, August 16, 6:30–7:15 p.m.
- Thursday, August 17, Noon–12:45 p.m.

**Time Management Tips**

- Monday, August 14, Noon–12:45 p.m.
- Tuesday, August 15, 10:30–11:15 a.m.
- Wednesday, August 16, 8–8:45 p.m.
- Thursday, August 17, 6:30–7:15 p.m.

**Improving your Study Skills**

- Monday, August 14, 6:30–7:15 p.m.
- Tuesday, August 15, Noon–12:45 p.m.
- Wednesday, August 16, 10:30–11:15 a.m.
- Thursday, August 17, 8–8:45 p.m.

**Setting the Stage for Financial Success**

- Monday, August 14, 8–8:45 p.m.
- Tuesday, August 15, 6:30–7:15 p.m.
- Wednesday, August 16, Noon–12:45 p.m.
- Thursday, August 17, 10:30–11:15 a.m.