



SHAC NOVEMBER EVENTS

Lobo Well-Being

MINDFULNESS MONDAY

MONDAY NOV 6TH @ 12:00 PM

MONDAY NOV 20TH @ 12:00 PM

SHAC HEALTH PROMOTION OFFICE

HUMP DAY-HIV TESTING

WEDNESDAY NOV 1ST @ 10:00 AM

WEDNESDAY NOV 15TH @ 10:00 AM

WEDNESDAY NOV 29TH @ 10:00 AM

SHAC HEALTH PROMOTION OFFICE

TUNE UP TUESDAY

TUESDAY NOV 14TH @ 12:00 PM

TUESDAY NOV 28TH @ 12:00 PM

SHAC HEALTH PROMOTION OFFICE

GYMTIMDATION

TUESDAY NOV 21ST @ 1:00 PM

MEET @ WEST ENTRANCE JOHNSON CENTER

SURVIVING FINALS

TUESDAY NOV 28TH @ 2:00 PM

THURSDAY NOV 30TH @ 12:00 PM

SHAC CONFERENCE ROOM 16

GETTING GOOD SLEEP

WEDNESDAY NOV 1ST @ 2:00 PM

SHAC CONFERENCE ROOM 16

RESILIENCE IN HARD TIMES

WEDNESDAY NOV 8TH @ 2:00PM

SHAC CONFERENCE ROOM 16

HEALTHY SNACK IDEAS

WEDNESDAY NOV 15TH @ 1:00 PM

La Posada Food Hall

QPR TRAINING

WEDNESDAY NOV 15TH @ 2:00PM

SHAC CONFERENCE ROOM 16

ESTABLISHING BOUNDARIES

WEDNESDAY NOV 22ND @ 2:00 PM

SHAC CONFERENCE ROOM 16

LOBO BALANCE SELF CARE

TUESDAY NOV 28TH @ 12:00 PM

SUB ATRIUM

WHAT'S NEXT AFTER GRADUATION

WEDNESDAY NOV 29TH @ 2:00 PM

SHAC CONFERENCE ROOM 16