

TURNING BUSY INTO BALANCE

SEPT 27TH 2-3:30 PM

FREE WORKSHOP!
FALL 2023



Learn:

- ✓ *Time management and establishing priorities*
- ✓ *The wellness wheel and what it consists of*
- ✓ *How to incorporate all aspects of wellness into their lives*

**Sign Up
Now!!
Students
can attend
for FREE!**



STUDENT HEALTH
& COUNSELING

Email tholland1@unm.edu to register by selecting which workshop you want to attend!