**The Counseling and Testing Center presents:**

**TAKING CARE WEEK (#ZipsTakingCare)**

**www.uakron.edu/counseling**

Join us for a week full of activities designed to help you take care of yourself and connect with others.

Mon. 3/6: **Taking Care of Yourself Emotionally**

**Stress Management Fair** Student Union, Piano Lounge 11:30am-1:30pm

Relieve some of your stress with multiple relaxing and fun events at the Union.

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Tues. 3/7: **Taking Care of Yourself Physically**

**Health Screenings Fair**  Student Union, Piano Lounge 11:30am-1:30pm

Drop by the Union to gather information on strategies to improve your physical health.

**Peace, Love, and Happiness** Student Union 308 1-2pm

A workshop to help participants create more peace, love and happiness in their lives.

**Cycling** Student Rec and Wellness Center 4-4:45pm

Simulating riding over various terrains on a stationary bike.

Wed. 3/8: **Taking Care of Others**

**Get Well Cards** Bierce Library 11:30am-1:30pm

Create a “Get Well” card for someone in need while connecting with therapy dogs.

Thurs. 3/9: **Taking Care of Your Future Self**

**Future Self Fair** Student Union, Piano Lounge 11:30am-1:30pm

Join us for an information fair on different ideas on how to prepare for your career path and life

after graduation.

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Fri. 3/10: **Ally Training** Leigh Hall 306 9am-12pm

A workshop focused on gaining information about how to be an effective ally to LGBTQ+

individuals.

**Good Sleep and Mental Health** Leigh Hall 306 1-2pm

Learn how to improve your sleep towards boosting different areas of your life.