

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. 2/21: 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 other students.

Tues. 2/22: Ally Training

Student Union 308

9am-12pm

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

Wed. 2/23: 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.

Emotion Management through Writing

Student Union 308

1-2pm

Develop writing techniques to help improve emotion management.

Thurs. 2/24: 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.

Cycling

Student Rec and Wellness Center, Studio A

6:15-7am

Simulating riding over various terrains on a stationary bike.

Circuit Training

Student Rec and Wellness Center, Studio A

7:30-8:15am

Improve muscular strength and endurance with this circuit style class.

Good Sleep and Mental Health

Student Union 308

1-2pm

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

Fri. 2/25: 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.
